

Nutrition advice for COVID 19

As we adapt to the changing landscape of COVID 19, take the opportunity to make some positive changes to your nutrition and better support your immune system. With changes to our daily lives and working practices, we all have some extra time in the day for meal planning and preparation let's use it wisely!

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What can I do to support my immunity?

Immunity is based on a number of complex processes and factors so no single food or drink can boost your immunity. However, nutrition plays a very important role in our health and wellbeing. Given the current climate, consider whether what you eat on a daily basis provides all the nutrients you require. Eating a well balanced and varied diet that includes all major food groups will help ensure you get all the nutrients your body needs.

Meal Ideas/Recipes

Look out for the PN team's recipes which will be shared on social media. We would love to see photos of the finished article so please tag us and share on social media #healthyfromhome

What does a well balanced diet look like?

A balanced diet is one that typically contains:

- Fruit and vegetables (fresh, frozen and tinned are all great!)
Remember to aim for at least 5 portions.
- Wholegrain starchy carbohydrates such as bread, rice, potato and pasta.
- Lean proteins such as beans, pulses, eggs, meat and fish.
- Dairy and fortified dairy alternatives
- Unsaturated oils and spreads

How do I put this into practice?



At each meal time try to include a source of fruit or veg, a source of protein and a source of carbohydrate as pictured above.

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Top Tips

- ✓ Eat a **well balanced diet** that includes all major food groups.
- ✓ Boost your natural intake of vitamins and minerals by eating a **wide range of fruit and veg**.
- ✓ Keep **well hydrated**, keep your water bottle clean and do not share with others.
- ✓ **Plan your meals** and try to limit shopping outings by buying food for a few days to minimise unnecessary social contact.
- ✓ Use a meal planner and **make a shopping list** to help avoid buying unnecessary snacks and other items.
- ✓ If continuing to train **ensure adequate fuelling** beforehand and immediate **recovery after**.
- ✓ Set a routine for yourself or plan your day. Start with when you are going to train, be active or when you have a conference call scheduled. From this starting point **plan in your meals** and any snacks required. Try to include some time outside while observing social distancing guidelines.

For further information

Check out the Performance Nutrition section on the **sportscotland** website or app for more resources.

Keep an eye out over the coming weeks for more resources from the PN team.

What else can I do to support my immune system?



Wash your hands

Regularly wash your hands with soap and water, scrubbing for 20 seconds, to stay on top of your hand hygiene. This helps to physically remove the unseen bugs on your hands, helping to protect yourself and others.



Sleep well

Get enough good quality sleep to allow your body to be well recovered and ready to fight any infections if you are exposed.

Probiotics

Consider taking a daily probiotic such as Yakult or Actimel. Probiotics contain live bacteria that can improve the balance and function of gut bacteria. A healthy gut is important to the efficiency of our immune system.



COVID-19 Reminder

If you have the following symptoms

- High temperature/fever
- New cough
- Breathing difficulties

Then visit [NHS Inform](https://www.nhs.uk/inform) for advice on what to do next.