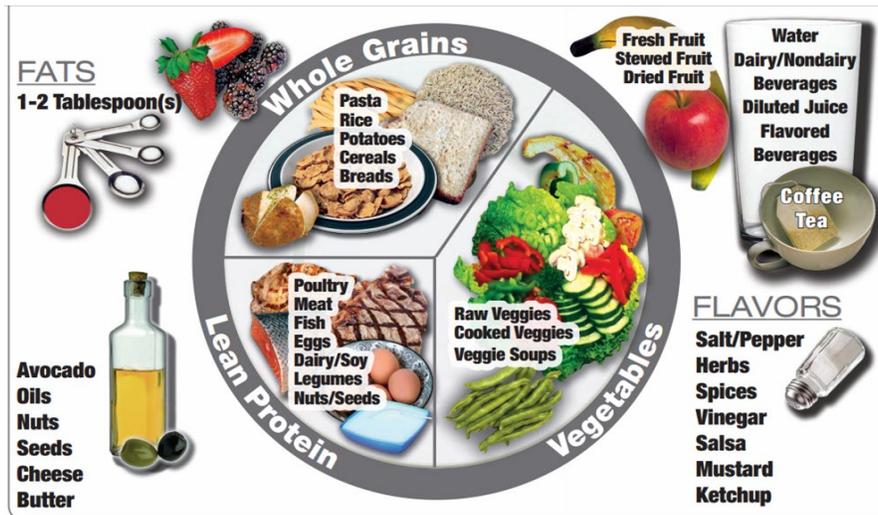


Nutrition Interventions to Consider for COVID-19

A good defense against contracting viruses and limiting severity of symptoms can be determined by how well we take care of ourselves. If we do contract COVID-19, we want our immune systems to be as strong as possible to fight off the virus and your nutrition can be an important component of that.



- Aim to put together a plate that contains whole grains, lean proteins and plenty of fruits and vegetables as pictured above. Also include plant-based fats such as avocado, olive oil, nuts and seeds.
- Choose whole foods from food groups over processed foods as much as possible.
- If you are getting adequate protein, fiber, and vitamins and minerals, you should not need supplements. However, if your diet is lacking in colorful fruits and vegetables and Vitamin D containing foods such as milk, eggs and fatty fish, you could consider taking a multi-vitamin. **Be aware there are no known supplements that will prevent COVID-19 and marketers are looking to cash in on a vulnerable population during a crisis.*

Keep in mind that our appetites can be affected in times such as these. Some of us lose our appetites when we are nervous or stressed and some of us may experience overeating when we are stressed.

- Suggestions if you experience appetite loss:
 - ✓ Graze on small amounts of food frequently throughout the day.
 - ✓ Keep foods around that you LIKE.
 - ✓ Consume liquid calories from things such as smoothies, milks, juices, Ensure, Boost or store brand nutritional drinks, as well as sports recovery drinks such as Gatorade and Muscle Milk.

- ✓ Keep easy to grab and easy to prepare foods available such as fruit, cereals, Greek yogurt, hummus and vegetables, sandwich fixings, soups, pasta, cheese and crackers, eggs, deli meat.
- ✓ If you know you are under fueling due to loss of appetite, cut back or discontinue exercise. Being in a calorie deficit can compromise your immune system.
- Suggestions if you experience stress eating:
 - ✓ Give yourself a break, this is understandable.
 - ✓ Don't allow hunger to build by going long periods without eating – this will increase the likelihood of overeating.
 - ✓ Avoid keeping trigger foods such as salty and sweet items around.
 - ✓ Avoid being alone.
 - ✓ Find activities other than eating that can help relieve stress and distract you from eating such as taking a walk, watching a movie or Netflix, talking with friends/family on the phone or in small settings, practice yoga/meditation, listen to music.
 - ✓ Keep up regular exercise.

More Tips:

- Snacks to keep on hand if you are still on campus or at home:
 - ✓ Sandwich fixings – nut butter, jelly, deli meats, cheese, hummus
 - ✓ Bagel and Peanut Butter
 - ✓ Trail Mix
 - ✓ Cereal with at least 5g fiber and protein (Kashi, granola, Nature's Path, Oatmeal Squares...)
 - ✓ Beef Jerky, cheese and fruit
 - ✓ Bars with protein such as Clif, Luna, Lara, Zone, Odwalla, Nature's Valley Protein, Kashi
 - ✓ Greek Yogurt with Granola
 - ✓ Milk, chocolate milk
 - ✓ Fresh Fruit, Dried Fruit, Fruit Cups, Applesauce
 - ✓ Hummus and bread, pita chips, veggies
 - ✓ Cheese and Crackers
 - ✓ Popcorn
 - ✓ Some sweet treats of choice 😊
- Items to pick up at the grocery store for meals
 - ✓ Rotisserie Chicken
 - ✓ Canned Tuna or Chicken
 - ✓ Ground beef
 - ✓ Ground turkey
 - ✓ Fresh or frozen seafood
 - ✓ Eggs
 - ✓ Cheese
 - ✓ Milk/Milk Alternative

- ✓ Yogurt
- ✓ Hummus
- ✓ Tofu
- ✓ Canned Beans
- ✓ Spaghetti Sauce
- ✓ Fresh, canned or frozen fruits and vegetables
- ✓ Soup/soup mixes
- ✓ Pasta
- ✓ Rice
- ✓ Breads
- ✓ Cereal
- ✓ Oatmeal
- ✓ Sweet or white potatoes
- ✓ Frozen Breakfast Sandwiches
- ✓ Frozen Veggie Burgers
- ✓ Comfort foods or sweet treats of choice ☺

- There is no indication that our food supply is in jeopardy, please don't feel the need to hoard food.
- Aim for at least 8 hours of sleep daily
- It is unclear at this time whether COVID-19 can be spread through food. Just be careful of where your food is coming from.
- Hydrate well. Aim for at least .5 oz of fluid per pound of body weight.
- For more tips and advice, email Elizabeth Allred at [elallred@davidson.edu](mailto:elallred@ davidson.edu) or call her at 703-894-3071.