

Recommended Diet for Covid Patints During Pandemic

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ABSTRACT

Proper nutrition can enhance health and lower the risk of coronavirus 2019 (COVID-19), which is caused by coronavirus 2 and causes acute respiratory infections (SARS-CoV-2). Dietitians and other health care providers will benefit from this study, which highlights dietary guidelines. People have been exhorted to eat more fruits, vegetables, and grains in numerous writings. Thirty-one percent of the suggestions focused on the necessity of zinc minerals and vitamins, as well as vitamins C, A, and D, for a strong immune system. COVID-19 reduction is not due to dietary supplementation. It has been proposed as a potential benefit for persons at risk of respiratory infection, as well as those in need of nutrients, in addition to vitamins C and D, zinc, and selenium. While there was no definitive evidence linking food or food packaging to COVID-19 transmission, good food handling and preparation hygiene standards were recommended. There has been no progress in breastfeeding guidelines for women who have been diagnosed with COVID-19. During the COVID-19 epidemic, this study summarizes current research literature and existing guidelines for national and international organizations on healthy eating, vitamin and mineral supplements, and good food hygiene practices. Vendors and health workers will use the results to better cope with dietary guidelines during the COVID-19 epidemic.

KEY WORDS: DIET, COVID-19, PANDEMIC, SARS COV-2 AND SUPPLEMENTATION.

INTRODUCTION

The world was hit by a coronavirus 2019 (COVID-19) outbreak in January 2020, which was caused by the acute respiratory infection coronavirus (Brooks SK et al., 2020). (SARS-CoV-2). Because of evidence of high-resolution human-to-SARS-CoV-2 transmissions, social segregation is the best strategy to prevent COVID-19

from spreading. This epidemic has a huge influence on people's lives, health care systems, and the national and worldwide economy. Isolation from society is a common uncomfortable experience with substantial mental health repercussions (Brooks SK et al., 2020). Isolation may produce psychological and emotional symptoms, mood swings and changes in sleep or eating habits, deterioration of chronic health issues, weight gain, and excessive use of alcohol, tobacco, or illicit drugs until the separation is over (Hawryluck L 2004 & Muscogiuri G 2020).

The World Health Organization (WHO) announced that the coronavirus (COVID19) epidemic on March 11, 2020, cited more than 600,000 cases worldwide (Hu, Z et al., 2020). COVID19 is caused by an infection with SARS-CoV2, a type of coronavirus novel. SARS-CoV2 infection has a variety of clinical symptoms; most infections

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are asymptomatic or have minor symptoms including weakness, fever and cough. In severe cases, viral pneumonia may develop, requiring oxygen treatment, intensive care, and ventilation (Hu Y., et al. 2020).

SARS-CoV2 infection during pregnancy is uncommon, although it is becoming increasingly common. It's unclear whether pregnant women are at high risk of infection, even if SARS-CoV2 can be transmitted from mother to child during pregnancy, childbirth, or breastfeeding, because the first reports of infection came primarily from pregnant women with COVID19 during the third or late second trimester of pregnancy. Similarly, there is a lack of information on COVID19 in childhood and adolescence (Chen, Y 2020 & Zhu, H 2019).

High levels of hemoglobin (A1C), diastolic blood pressure (BP), and low-density lipoprotein cholesterol have been associated to diabetes-related stress (LDL-C); risk factors include high BMI, low efficiency, low social support, poor diet consistency, and isolation (in the current context of the COVID-19 lockdown effect) (Naveed Sattar et al., 2020). Experts' opinion and current evidence support the use of fresh and unprocessed plant-based foods such as vegetables, as well as soluble vitamins such as A, D, E, K, and B essential vitamins B and C, and minerals such as zinc, as well as moderate fatty foods, prefer unsaturated fats, and avoid eating sugar and salt. The rich composition of nutrients and bioactive phytochemicals in nuts and dried fruits such as grapes, which are an important part of the Mediterranean diet, promote cardiometabolic stability, with polyphenols playing an important role as antioxidant and anti-inflammatory molecules (Celia Rodríguez-Pérez et al., 2020). In light of current research efforts to clarify the protective effects of flavonoids and other polyphenols on coronavirus infection, further research on the potent anti-bacterial properties of many Mediterranean foods, such as grapes and olive products, should be considered (Barnett JB 2010). In conclusion, the Mediterranean diet and foods rich in vitamins and minerals have been shown to contribute to disease conditions. During the ban, the Spaniards changed to a healthier and less toxic diet (Fabiane La Flor Ziegler Sanches et al 2021).

DISCUSSION

The Pandemic has increased the complexities for the physicians Day by day new discoveries are being made regarding the behavior of the virus and its transmission route from one individual to another as there is no permanent cure of this disease according to UNICEF.

Dietary Recommendation: Maintain a healthy diet of fruits and vegetables; If a new product is not available, select healthy dried or canned methods. Fatty fish in cans are high in protein, omega-3 fatty acids, and vitamins and minerals. Prepare access to nutritious snacks; Limit overcooked foods; Cooking and eating should be enjoyable and meaningful.

Advice for Breastfeeding children: Women should continue to breastfeed their children between 6-24 months and beyond. If diagnosed with covid -19 they should continue to breastfeed while practising the respiratory hygiene and disinfecting the surface they touch, According to World Health Organisation (WHO) (Centeno-Tablante E 2021).

Dietary Recommendation: A number of fresh and unprocessed foods include vitamins, minerals, dietary fiber, protein, and antioxidants. Drink plenty of water; Sugar, fat, and salt can all be avoided. During the time of pandemic people should include vitamins A, D, E, K in their diet along with micronutrients such as selenium zinc to help their immune system to function properly help in maturation of B and T Lymphocytes which form cell mediated immunity adequate intake of micronutrients can be maintained by the intake of meat, nuts, broccoli, cauliflower, Citrus fruits E. In terms of increased immunological function, the Lactobacillus and Bifidobacterium genera have showed encouraging outcomes. Women should not have more than one drink per day, and men should not have more than two drinks per day, according to current dietary guidelines. It's worth noting that people who don't drink alcohol shouldn't start because recent study has linked zinc deficiency to an increase in illnesses like pneumonia. Eating Junk food makes the individual prone to various lifestyle diseases (such as heart disease, hypertension and diabetes) which increases the risk of death in COVID-19 patients also a healthy diet helps in post COVID recovery.¹³ A number of related studies on dietary recommendations in different health conditions¹⁵⁻¹⁶ and Covid-19 were reported.

CONCLUSION

During the COVID-19 epidemic, this study summarizes current research literature and existing guidelines for national and international organizations on healthy eating, vitamin and mineral supplements, and good food hygiene practices. Vendors and health workers will use the results to better cope with dietary guidelines during the COVID-19 epidemic. Guidelines for safe food management from production to consumption are critical for reducing the risk of infection. Foods high in fresh foods, such as fruits, vegetables, whole grains, low-fat milk, and beneficial fats (olive oil and fish oil), are recommended, whereas sugary drinks and high-calorie, high-salt foods are discouraged. Supplements should be taken by people who have or are at risk of respiratory infections, as well as those who already have one (such as vitamins C and D, zinc, and selenium).

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