



DIETARY ADVICE TO FIGHT AGAINST COVID -19

1. **Do prayer to keep motivated yourself.**
2. **Yogasans** like : pranayam ,Bhastrika , kapalbhati , Anulom -vilom , surya namaskar will help to boost immune system naturally
3. **Hydrate yourself with healthy liquids like :**
 1. Lemon water
 2. Ginger water
 3. Tulsi water
 4. Mint water
 5. Green Tea
 6. Cinnamon water
 7. Any detox drink
 8. Ginger tea
4. **Avoid cough forming foods like**
 - Guava
 - Banana
 - Cold milk
 - Curd / buttermilk
 - Ice-cream
 - Cold drinks up
 - Cakes
 - Cold and frozen foods
 - Don't take non-seasonal fruits like: watermelon and grapes
5. Eat homemade foods which is slightly warm and well- cooked.
6. Avoid raw vegetables as it may be contaminated during cold storage and transportation.
7. Cooking vegetables, grains may reduce contamination because of heating as corona virus does not survive in hot medium.
8. Take immunity building foods like
 - Tulsi drops or Tulsi leaves
 - Haldi tablet (cucurmin)
 - Ashwagandha
 - Pomegranate
 - Ginger
 - Jaggery
 - Amla juice or Amla powder
 - Wheatgrass
 - Tulsi tea
 - Parsley
 - Spirulina
 - Dry fruits

- Add additional things like honey ,black pepper ,ginger ,laung

9. Gargle with salt water (lukewarm) everyday
2 times.

10. Take steam regularly to keep your lungs clean.

11. Eat 25gm nuts daily for regular protein in body. If cannot eat nuts than daily eat boiled moong or peanuts (boiled)

12. Apply virgin coconut oil / or Vaseline over body before sleeping. (As it prevents virus or infections to direct contact with body.)

13. Take good rest as it best immunity booster.

14. Avoid close contact with people who are sick.

15. Avoid touching your eyes ,nose and mouth and use mask regularly.

16. Stay home when you sick .

17. Cover your cough or sneeze with a tissue, then through the tissue in the bin .

18. Wash your hands often with soap and water for at least 20 seconds , especially after going to the bathroom , before eating,and blowing your nose , coughing or sneezing .

19. Wash vegetables and fruits in Luke warm water with 1tbsp apple cider (it helps to remove all impurities and pesticides)

20. Drinks for increasing immunity against corona virus

- Turmeric Milk helpful to improve immunity (add 1-2pinch hladi power in 1glass milk and boil it)Use it in moderation every day
- Fresh ginger – 5gm , Fresh haldi - 5gm Grate and boil 5 minutes in water, strain, add pink salt 1 pinch and drink lukewarm at night.
- Tulsi tea ,ginger tea ,curry leaves tea , giloy water
- Drink warm water + lemon daily to keep your body alkaline.

With lots of care and blessings
Stay safe and healthy

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