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COVID 19: MAINTAIN YOUR HEALTH WITH HIGH IMMUNITY

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ABSTRACT

Proper nutrition and hydration are vital. people that eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. So you ought to eat a spread of fresh and unprocessed foods a day to urge the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water. Way of life components can likewise decide whether you're having the chance to become ill or stay solid. one among those elements is actual work (PA). An inactive way of life is ordinarily identified with an expanded danger for ongoing sickness, loss of development, and diminished safe wellbeing. Thus, active work and development are critical during the Covid pandemic. immediately as a primary concern, I will actually want to cover the upsides of PA, where your center ought to be, the best approach to think working out, gear, what extent you should do, and undeniably more.



KEYWORDS: Health Immunity, COVID 19 Disease, Nutritious Food.

INTRODUCTION

COVID-19 puts diets in danger through disrupted health and nutrition services, job and income losses, disruptions in local food supply chains, and as an immediate result of infections among poor and vulnerable people.

Diets are crucial to the health status of individuals round the world. Food isn't a peripheral concern: consistent with the 2017 Global Burden of Disease report, metabolic risks accounted for many of the highest five risks of disability and death. quite 2 billion people are overweight or obese, with over 70% of them in low- and middle-income countries. Unsafe food caused an estimated 600 million illnesses and 420,000 premature deaths in 2010, consistent with the planet Health Organization, undermining people's health and nutritional security. And emerging evidence suggests that folks with pre-existing, diet-related conditions like severe obesity, heart condition, and diabetes, are suffering more serious consequences from COVID-19, including more severe illness and a greater need for intensive health care, like respirators. Malnutrition also severely weakens people's immune systems, increasing people's chances of getting ill, staying ill, and dying due to illness. Iron, iodine, folate, vitamin A, and zinc deficiencies are the foremost widespread, with over 2 billion people affected worldwide. This "hidden hunger" not only increases the danger of morbidity and mortality, but also contributes to poor growth, intellectual impairment, and perinatal complications. This lowers countries' human capital and development prospects.

Signs and symptoms

Symptom	Range
Fever	83–99%
Cough	59–82%
Loss of appetite	40–84%
Fatigue	44–70%
Shortness of breath	31–40%
Coughing up sputum	28–33%
Muscle aches and pains	11–35%

Fever is that the commonest symptom of COVID-19, but is very variable in severity and presentation, with some older, immunocompromised, or critically ill people not having fever in the least. In one study, only 44% of individuals had fever once they presented to the hospital, while 89% went on to develop fever at some point during their hospitalization.

Who is at risk?

- Older people (65+ years)
- Diabetes (Type 1 and 2)
- Lung pneumonia
- Pre-diabetes
- Lung disease
- Cardiovascular disease
- Chronic obstructive pulmonary disease (COPD)
- Cerebrovascular disease
- Hypertension
- Bronchitis
- Emphysema
- Lung cancer
- Cystic fibrosis
- Asthma

To maintain health with Nutritious Diet

1. Make a Diet plan

You might feel the necessity to get large amounts of foods, but confirm to think about and utilize what's already in your pantry, also as foods with shorter time period.

2. Use of ingredients

Frozen fruits and vegetables also can conveniently be used over longer periods of your time and sometimes have an identical nutrient profile to fresh foods.

3. Home-cooked meals

During regular lifestyle, many individuals often don't have the time to organize home-cooked meals. Spending longer periods of your time reception may now offer the likelihood to form those recipes you previously didn't have time to form.



4. Food safety

It is a prerequisite for food security and a healthy diet. Only safe food is healthy food. When preparing food for yourself et al., it's important to follow good food hygiene practices to avoid food contamination and foodborne diseases.

5. Fibre contributes

To a sound gastrointestinal framework and offers an extended sensation of completion, which forestalls indulging. to ensure a sufficient fiber admission, mean to join vegetables, organic product, beats and wholegrain food sources by and large suppers.

6. Hydration

Drinking water rather than sugar-sweetened beverages may be a simple thanks to limit your intake of sugar and excess calories. to reinforce its taste, fresh or frozen fruits like berries or slices of citrus fruits could also be added, also as cucumber or herbs like mint, lavender or rosemary.

7. Alcohol consumption

Alcohol isn't only a mind-altering and dependence-producing substance, harmful at any level consumed, but it also weakens the system. Thus, alcohol use and particularly heavy use undermines your body's ability to deal with communicable disease, including COVID-19.

Nutritional Needs of Older People

Nutrition is a neighborhood which will be addressed to profit older people and enhance healthy aging during a population. With aging, there's also an increased likelihood of developing-

- Chronic diseases
- Decreased functional ability
- Cognitive decline
- Disability

Nutrition Recommendation

Micro-nutrients with the strongest evidence for immune support are:

Vitamin C, Vitamin D, Zinc

Other nutrients which will help include:

Vitamin A, Vitamin E, Selenium, Omega 3's, B vitamins

CONCLUSION

Great nourishment is essential for wellbeing, especially in occasions when the framework may will retaliate. Restricted admittance to new food sources may think twice about to keep eating a sound and shifted diet. It likewise can possibly cause an expanded utilization of profoundly prepared food sources, which will in general be high in fats, sugars and salt. In any case, even with not many and

restricted fixings, one can keep eating an eating routine that upholds soundness. For ideal wellbeing, stay genuinely dynamic. To help solid people in remaining actually dynamic while gathering, WHO/Europe has created explicit direction for times of isolate, including tips and tests of locally established activities.

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