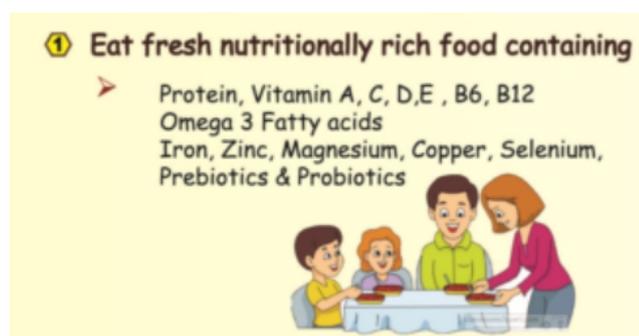


The recommendations and responses given here are common dietary directions to COVID-19 patients who are treated at hospitals or managed as home-based care and not for oxygen dependent or critically ill patients.

1. What are the nutritious foods to take during the COVID-19 infection?

- Recommendations of types of nutritious food are as per the developed leaflet.



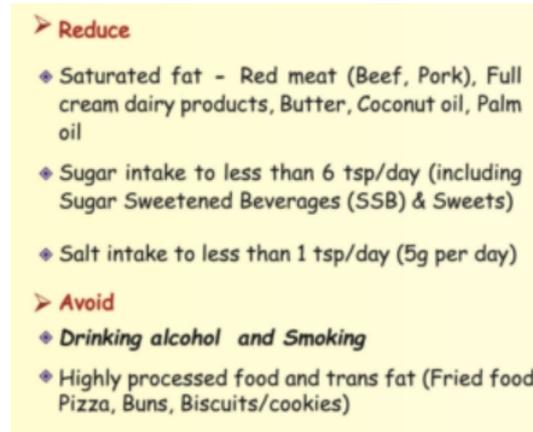
- A list of food items containing each of them are shown below;



Please note these recommendations may have to be modified with future mutations of Covid-19 virus and potential pathological changes

2. Is there any food to be restricted during this COVID-19 infection?

- More emphasis is placed on controlling intake of food containing saturated&trans fat, sugar and salt
- Also need to emphasize on
 - Avoiding alcohol, betel chewing and smoking
 - Reduce sugar sweetened beverages/ carbonated beverages
 - Avoid highly processed food



3. When a COVID-19 patient is having diarrhoea, what food can be taken?

- Diarrhoea can lead to dehydration and electrolyte imbalance; will impair nutrition status and immunity due to lowered intake of nutritious food
- Following measures can be taken to overcome effects of diarrhoea
 1. Give Oral Rehydration Solution to compensate lost volume of fluid and electrolytes.
 2. Toasted bread, oats, barley, fruits(Anamalu, beli) and food containing probiotics such as curd, yoghurt and yoghurt drink are recommended. Supplements containing probiotics can be taken based on individual condition.
 3. Avoid raw vegetables and oily/tempered food. Reduce intake of spicy food if associated with GI irritation.
 4. Badihaal kanda(roasted rice porridge), vegetable soup, fruit juice, coconut and king coconut water can be given; preparations should not be too thin (semi-solid consistency), as it will diminish nutrient and energy density.
 5. Be vigilant on signs of dehydration(may be indicated by feeling thirsty, dark coloured urine, dry mouth and lips, reduced urine output)

4. What additional food is recommended for COVID-19 patients?

- For patients with GI symptoms to improve overall GI health following can be added

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1. Include following food items
 - Whole grain cereal(red rice, rice flakes/habala pethi soaked in coconut water with pieces of mashed banana, Uppuma(made from semolina mixed with vegetables), brown bread.
 - Add boiled eggs and other protein containing food such as fish, meat. dairy products(fresh milk, yoghurt,curd) and pulses.
 - Include variety of vegetables and fruits. For GI symptoms add banana, beli. Avoid raw vegetables.
 - Food containing probiotics- yoghurt, curd and drinking yoghurt, prebiotics like banana, onions, garlic.
2. Avoid highly processed, oily and tempered food.
3. Home made fresh soup, without artificial flavours(such as soup cubes) can be given; should not be too thin as it will diminish nutrient content.
4. Rasam/ drinks containing spices such as ginger, coriander, garlic, curry leaves, tamarind, cumin seeds, fennel may be taken as preferred by patients in moderate amounts. Some of these herbs and spices are considered functional foods and possess inherent health benefits.
5. Monitor body weight
6. For patients who are unable to take oral feeding adequately, initiate enteral feeding before nutrition status deteriorate.

5. After discharging a COVID-19 patient from the hospital, if the patient has loss of appetite, nausea like symptoms what are the suitable food for these patients?

1. Small frequent meals recommended over heavy main meals.
2. Diversify food intake(taking varieties of food) made using different cooking methods and served in an attractive way to improve appetite; Try to serve food hot.
3. Semi solid or liquid diets with soft texture (such as blended rice kanji, mashed potatoes, kurakkan and kithulpiti kanji) can be given for patients with severe loss of appetite.
4. Promote easily digestible and palatable food like, toasted bread, crackers, varieties of soup (energy dense thick consistency), uppuma made from semolina mixed with vegetables.
5. Healthy snacks like nuts and oily seeds (like peanuts, gingelly rolls, cashew nuts),dates & raisins, fruits and fruit juices can be taken as per personal preference.
6. Add probiotics containing food- e.g.yoghurt, curd, yoghurt drink to diet to promote GI health
7. Rasam mixtures/drinks containing condiments such as ginger, coriander, garlic, curry leaves, tamarind, cumin seeds, fennel may be taken as preferred by patients in moderate amounts. Some of these herb and spices are considered functional foods and possess inherent health benefits
8. Avoid coffee as it may worsen nausea.
9. Be vigilant on body weight
10. High calorie/high protein supplement can be taken if oral intake is inadequate/ nutrition status is poor. However intake of normal balanced diet is preferred as it improves overall health and recovery.

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6. If a COVID-19 patient who is under home base care having symptoms of vomiting and fever what are the nutritious food suitable for them?

1. Give Oral Rehydration Solution to compensate lost volume of fluid and electrolytes; Fruit juice, coconut and king coconut water, herbal drinks(such as coriander water) can also be given
2. Add a prokinetic half an hour before meals
3. Small frequent meals recommended over heavy main meals. Semi solid or liquid diets with small particles (such as blended rice kanji, mashed potatoes, kurakkan and kithulpiti kanji or thalapa/paste) can be given for patients with severe loss of appetite.
4. Avoid large amounts of fluid intake close to meal time as it will induce vomiting.
5. Promote easily digestible food and palatable food like toasted bread, crackers, varieties of soup and kanji(energy dense thick consistency)
6. Healthy snacks like nuts and oily seeds (like peanuts, gingelly rolls, cashew nuts),dates and raisins, fruits and fruit juices can be taken as per personal preference.
7. Be vigilant on signs of dehydration(may be indicated by feeling thirsty, dark coloured urine, dry mouth and lips, reduced urine output)

7. If a Covid-19 patient is having persistent loss of appetite, how to manage such situation?

1. Take varieties of food, made using different cooking methods and attractive presentations with fruits and vegetables in different colours; Try to serve hot.
2. Promote easily digestible and palatable food like toasted bread, crackers, varieties of soup (energy dense thick consistency), Uppuma made from semolina mixed with vegetables, types of kanji (rice, kurakkan, kithulpiti made into thick consistency).
3. May give nuts and oily seeds (like peanuts, gingelly seeds, cashew nuts),dates& raisins,fruits (nelli, veralu, narang) and fruit juices (orange , lime) according to personal preference
4. Rasam /drinks containing condiments such as ginger, coriander, garlic, curry leaves, tamarind, cumin seeds, fennel may be taken as preferred by patients in moderate amounts. Some of these herb and spices are considered functional foods and possess inherent health benefits
5. Be vigilant on body weight
6. High calorie/high protein supplement a can be taken if oral intake is inadequate/ nutrition status is poor. However intake of normal balanced diet is preferred as it improves overall health and recovery
7. For patients who are unable to take oral feeding initiate enteral feeding before nutrition status deteriorate

8. What is the suitability of taking kanji, and other foods recommended by Ayurveda practice in COVID -19 patients?

1. Various types of Kanji have different functional properties and Ayurveda use them to treat GI symptoms. Those may be taken on the preference of the individuals in moderate amounts.
2. Kanji should not be recommended as a substitute for the main meal for patients. Intake of normal balanced diet is essential for overall health and recovery

9. It is said that COVID -19 patients should take food frequently is there any basis in that?

1. Patients with nausea, vomiting and abdominal distension may not be able to tolerate normal volume of food
2. Patients with respiratory distress may also find uncomfortable after taking a heavy meal
3. Thus taking energy and nutrient dense meals in small quantities at frequent intervals would help to tolerate meals while providing necessary energy and nutrients to patients with GI symptoms.

10. What are the nutritious advices to be followed by elderly patients in this infection?

1. Common issues faced by elderly are loss of appetite, poor mastication (due to loss of teeth) and impaired taste sensation.
2. Diversify food intake(taking varieties of food) made using different cooking methods and attractive presentations; Serve meals in hot condition.
3. Promote soft textured easily digestible and palatable food like varieties of soup (energy dense thick consistency),types of Kanji (rice, kurakkan, kithulpiti) made into thick consistency)may be used
4. Can provide small frequent energy & nutrient dense meals to avoid discomfort.
5. May have to blend the food into small particles if there are mastication difficulties. Better to serve with small particles instead of giving only liquid to avoid bowel atrophy and maintain GI health.
6. Include protein containing food such as fish, meat, dairy products(fresh milk, yoghurt,curd) and pulses.If they are vegetarian/cannot tolerate dairy products they can eat soya, tofu, and pulses.
7. Include variety of fruits and vegetables in daily diet; provide fruit juices if they cannot have whole fruits.
8. Rasam /drinks containing condiments such as ginger, coriander,garlic, curry leaves, tamarind, cumin seeds, fennel may be taken as preferred in moderate amounts

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9. Be vigilant on signs of dehydration(may be indicated by feeling thirsty, dark coloured urine, dry mouth and lips, reduced urine output)
10. Monitor body weight
11. High calorie/high protein supplement a can be taken if oral intake is inadequate/ nutrition status is poor. However intake of normal balanced diet is preferred as it improves overall health and recovery
12. If unable to take oral feeding initiate enteral feeding before nutrition status deteriorate
13. Adhere to dietary recommendations for existing long term medical illnesses such as diabetes.