

WHAT TO EAT DURING COVID-19 TO BOOST YOUR IMMUNITY

- ✓ GINGER- CONSUME A SMALL PIECES OF GINGER EVERYDAY IN TEAS OR IN DAL TO BOOST IMMUNITY.
- ✓ GARLIC-2-3 CLOVES OF GARLIC INTO CURRY AND SABJIIS.
- ✓ AMLA- JUICE OR RAW AMLA PIECES EVERYDAY WILL MEET OUT VITAMIN C AND BOOST IMMUNITY.
- ✓ TULASI- CHEW FRESH TULASI LEAVES EVERYDAY.
- ✓ BLACK PEPPER- PINCH OF BLACK PEPPER ALONG WITH TURMERIC SHOULD BE YOUR GO TO DRINK



WHAT TO EAT RECOVER COVID-19 PERSON

AVOID FOOD

- 1.PROCESSED & PACKEG FOOD
- 2.PRESERVATIVE FOOD ITEAMS EX- PICKEL CATANI
- 3.MAIDA ITEAMS
- 4.RAW CHICKEN & RAW EGG
- 5.HEARTS PATIENT TAKE LOW OIL



NUTRITION CHECK POINTS

PROTEIN AMOUNT SHOULD BE PROPER
SOURCES-DAL,MILK & MILK PRODUCT-CURD, BUTTERMILK,DRY FRUITS, TOFU ,SPROUTS, FISH LEAN MEAT

VITAMIN -C
SOURCES-CISTRIUS FRUITS, AMLA, MANGO, WATERMELON, ORANGE, LEMON, GREEN LEAFY VEGETABLES

VITAMINE-D
MILK, MASHROOM, FORTIFIED FOOD SELOMEN FISH, EGG, CAULIFLOWER,
ZINC
FISH,DARK CHOCOLATE, MEAT, FRUIT -MUSKMELON, POMEGRANATE ETC

Eatwell and do daily 30 min yoga or physical exercrise.