

## Tips for managing your diet during COVID-19

There's no doubt that COVID-19 presents many challenges for all of us in managing our diet in an attempt to stay healthy and manage training requirements.

VIS Nutrition has put together some tips and ideas that might be able to help you during this difficult time.

We've also summarised some key nutrients and foods that can help strengthen your immune system...see over the page.

### Shopping & cooking Tips

For those in self isolation, access to food may be difficult. Those who have visited a supermarket over the last few days, will know that there are many foods that are simply not available on shelves. Some tips that may help:

- If you are in isolation, provide a list to a friend or family member and get them to shop & drop for you.
- Stock up on whatever food you can get access to, including both pantry & freezer staples.
- Spend some time menu planning. Consider what ingredients you have and what you can make from that.
- Use a website like [www.taste.com.au](http://www.taste.com.au) where you can do a search for particular ingredients and find recipes using those ingredients.
- Think about some different ingredients that may be available. For example, pulse pasta instead of the regular variety; canned fish, tofu, tempeh or high protein dairy products for your protein; frozen vegetables to keep on hand in the freezer in the event you run out of fresh.
- **Talk to your VIS Sports Dietitian if you need ideas & inspiration**
- Consider stocking up on some ready meals. These can be from the frozen section of the supermarket or can be ordered online from one of the many companies that deliver ready meals

<https://www.wefeedyou.com.au/>

<https://www.dineamic.com.au/>

<https://youfoodz.com/>

<https://www.mymusclechef.com/>

<https://www.hellofresh.com.au/>

Most importantly, make sure that you wash your hands thoroughly for at least 30 seconds before any food preparation and practice good food hygiene.

### Not Training?

If your normal training load has reduced, especially for those in isolation, give some consideration to your fuel (carbohydrate) needs and adjust your diet accordingly. Chat to your VIS Sports Dietitian if you need support and advice.

***Please reach out to your VIS Dietitian if you require any support during this difficult time in managing your diet, meal prep & recipe ideas etc***

## Boosting your Immunity with Good Nutrition

If ever there was a good time to boost your immunity, now is it!!

So, what should you be eating for a strong immune system?

Firstly, make sure that you are eating enough! Our immune systems need enough energy to make immune cells, so Under-fuelling will most certainly compromise your immune system! Adequate carbohydrate before training is important and during long sessions, topping up with carbs during the session will help to limit immune function depression. Consider a sports drink, gel, banana or other fruit, simple sandwich or muesli bar.

Here's some nutrients and foods that might help too:

- Vitamin C - all it takes is one serve of citrus type fruit daily, that's an orange, kiwi fruit, berries or even a tomato or 1/2 a capsicum. Higher doses (1000mg) may reduce duration and severity of symptoms if they do appear
- Zinc - found in lean red meat, poultry & seafood as well as nuts & legumes is a mineral important for immune function
- Iron - ensuring your iron levels don't drop too low is also important for immune function. If you are feeling fatigued, a blood test may be worthwhile to check your levels. And include some red meat if you can.
- Vitamin A - think all those bright orange fruits and veggies such as rockmelon, pumpkin, sweet potato, carrot.
- Vitamin D - plays a role in a healthy immune system so try to maintain some sun exposure every day.
- Probiotics - not only will they keep your gut healthy but are also likely to assist your immune function too, so including yoghurt, kefir and fermented foods like sauerkraut may be worth considering
- Herbs, garlic & ginger – not only add a delicious aroma and flavour to meals, but also contribute important phytochemicals and may offer immune benefits, anti-viral and anti-bacterial qualities.

Variety is super important to ensure that you get as wide a variety of vitamins, minerals and antioxidants as possible. The enzymes in our body rely on different vitamins and minerals to function properly, so this means we need to eat a variety of fruits and vegetables to look after them! (So, lots of different fruits and vegetables every day is key).

And before eating these nutrient rich foods, make sure you wash your hands thoroughly and give your fruit & veg a good rinse.