

Nutrition and COVID-19

A healthy diet is important to keep your immune system working at its best. There are no single nutrients, vitamins, minerals or natural health products to fight against COVID-19. [Proper hand hygiene](#) and [physical distancing](#) are essential to fight against COVID-19.

- Healthy eating and staying hydrated is important to protect against illness, regardless of age.
- Make sure you are eating and drinking regularly, even if you have a low appetite.
- For older adults, include [protein foods](#) at each meal and 1 snack to maintain strength and a healthy immune system.
- Use the [Eat Well Plate](#) from [Canada's Food Guide](#) to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Wash your hands frequently when [preparing foods at home](#).
- Disinfect surfaces daily. When cleaning surfaces, use a [sanitizing solution](#).
- Enjoy meals with members of your household except if a family member is [self-isolating](#). Any ill family member should be self-isolating and not be participating in family cooking activities.
- When eating together:
Don't share snacks, like a family popcorn bowl
Don't share drinks, cups or utensils
- When family or friends are separated, consider eating together using video calling if possible.
- [Plan ahead](#) for groceries and buy enough food to minimize unnecessary trips to the store.
- For grocery shopping, order online with curbside pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.
- When [preparing fresh fruits and vegetables](#), wash or scrub them under cold, running tap water before eating them.
- If ordering take-out or having home meal delivery, unpack the food and wash your hands before you eat.

For more information about healthy eating please visit:

<https://www.albertahealthservices.ca/nutrition/Page2914.aspx>

For more tips and advice for family and home life during COVID-19, visit:

<https://www.albertahealthservices.ca/news/Page15439.aspx>

The following information has been prepared by Registered Dietitians in Alberta Health Services to help Albertans stay healthy during COVID-19. The information below is current as of June 2, 2020.