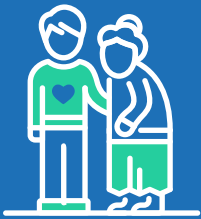




# NUTRITION, OLDER PERSON IMMUNITY AND COVID-19

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GUIDANCE FOR  
**OLDER ADULTS AND THEIR FAMILIES**





# Immune-Supporting Nutrients

The following nutrients play a role in boosting the immune system and can be found in a variety of foods:



**Vitamin A (especially Beta Carotene)** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.



**Vitamin C** is found in citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.



**Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient (but check the sugar content of processed juices).

REGULAR SUN EXPOSURE IS THE MOST NATURAL WAY TO GET ENOUGH VITAMIN D AND EVEN 10 MINUTES A DAY IS ENOUGH FOR THE BODY TO PRODUCE THIS IMPORTANT VITAMIN.

Zinc is an essential nutrient naturally found in a wide variety of both plant and animal foods, but tends to be better absorbed from animal sources compared to plant-based sources. In vegetarian sources such as wheat germ, beans, nuts and tofu. **Some zinc-rich foods include:**



**Shellfish:** Oysters, crab, mussels, lobster and clams



**Meat:** Beef, pork, lamb and bison



**Poultry:** Turkey and chicken



**Fish:** Flounder, sardines, salmon and sole



**Legumes:** Chickpeas, lentils, beans, tofu etc.



**Nuts and seeds:** Pumpkin seeds, cashews, hemp seeds, etc.



**Dairy products:** Milk, yogurt and cheese



**Eggs**



**Whole grains:** Oats, quinoa, brown rice, etc.



**Certain vegetables:** Mushrooms, kale, peas, asparagus and beet greens



**Probiotics are "good" bacteria** that promote health, especially the digestive system. They can be found in cultured dairy products such as yogurt and buttermilk, and in fermented foods such as, pickled gherkins, sauerkraut or kimchi.



**Protein comes from both animal and plant-based sources**, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

## Nutrition Recommendation

for older persons during the COVID-19 outbreak:

### EAT FRESH AND UNPROCESSED FOODS EVERY DAY

Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).

Daily, eat 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans (Limit the intake of red meat to 1-2 times per week, and poultry 2-3 times per week).

For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.

Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.

When using canned or dried vegetables and fruit, choose varieties without added salt or sugar.



### EAT MODERATE AMOUNTS OF FAT AND OIL

Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese and ghee).

Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.

Avoid processed meats because they are high in fat and salt.

Where possible, low-fat or reduced-fat versions of milk and dairy products.

Avoid industrially produced trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.



## DRINK ENOUGH WATER EVERY DAY

Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

Drink 8-10 glasses of water every day.

Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.



## EAT LESS SALT AND SUGAR

Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese and ghee).

Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.

Avoid processed meats because they are high in fat and salt.

Where possible, low-fat or reduced-fat versions of milk and dairy products.



## Healthy Lifestyle Tips:



Aim for five to seven servings of vegetables and fruits daily to get the necessary vitamins, minerals and antioxidants that can help boost your immune system.



A balanced diet plan helps ensure your body gets what it needs and it can be fun to plan this for yourself or make it a family task. Try to enjoy eating – where possible, share a meal with a friend or family.



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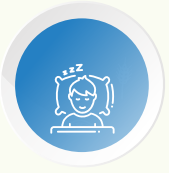
During the hottest months of the year, it is especially important to remember that dehydration is one of the ten most frequent diagnoses leading to hospitalization. So drink at least 8 to 10 glasses of water daily.



If you have certain health conditions that require a special diet, such as diabetes, food allergies or hypertension, remember to base your food intake on advice received from your doctor or professional dietician.



Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using in recipes. Use clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.



Lack of sleep can also contribute to a weakened immune system. Seven to nine hours is recommended each day for adults.



Stress and anxiety can further affect a body's ability to cope with infection-there are different ways people can try to help them cope, such as prayer or meditation, some form of physical activity, listening to music or writing.



In addition to eating well it is important for you to keep moving, at least change your position every two hours. Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.

For more info. on coronavirus disease 2019 (COVID-19)

Call: 16000, or visit: [www.moph.gov.qa](http://www.moph.gov.qa)