

Nutrition advice for adults during #COVID-19

What you need to know

Proper nutrition is vital. Eat a well-balanced diet every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs to be healthier with a stronger immune system and to lower your risk of chronic illnesses and infectious diseases.



Eat fresh and unprocessed food such as dark green leafy vegetables, orange/yellow coloured fruit and vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potatoes), and proteins (e.g. meat, fish, eggs, milk).



Drink 8–10 cups of water every day. Water is the best choice, but you can also consume other drinks (e.g. lemon juice diluted in water and unsweetened, tea and coffee – not too much), and eat fruits and vegetables that contain water (e.g. cucumber, tomatoes, spinach, mushroom, melon, broccoli, Brussels sprouts, oranges, apples, blueberries).



Eat healthy fats found in white meat (e.g. poultry), fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils, rather than fats found in fatty meat, butter, coconut oil, cream, cheese, ghee and lard. Avoid fats found in processed food, processed meats, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.



Limit your salt intake. When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce, fish sauce). Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt. Avoid snack foods that are high in salt.



Limit your sugar intake. Choose fresh fruits instead of sweet snacks (e.g. cookies, cakes, chocolate). Limit your intake of soft drinks or sodas, still drinks and other drinks that are high in sugar (e.g. sweetened fruit juices, fruit juice concentrates and syrups, flavoured milks, yogurt drinks).



Avoid eating out. Eating out during this COVID-19 pandemic increases your contact with other people and your chance of being exposed to the virus. So eat at home. Home-cooked food is the best choice, and is healthier and more nutritious for you than calorie-filled food from outside the home.



Reach out for help. During this COVID-19 pandemic, you may need support with your mental health and diet to ensure you keep in good health, especially if you are living with a chronic illness and have suspected or confirmed COVID-19. If you feel overwhelmed, seek help from trained professionals and through other trusted sources (e.g. digital, social, print, broadcast).



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