

Diet instructions for beating COVID 19:-

Remember - **PREVENTION IS ONLY CURE FOR THIS DISEASE**

1. Prayers and meditation:

It keeps you calm and mentally strong
It keeps your lungs clean and healthy



2. Hydrate yourself with healthy liquids like :

Lemon water
Ginger water
Tulsi water
Mint water



3. Avoid mucus forming foods like :

Guava
Banana
Cold milk
Curd / buttermilk
Ice-cream
Cold drinks
Cakes
Cold and frozen foods



4. Eat homemade foods which is slightly warm and well- cooked.



5. Avoid raw vegetables as it may be contaminated during cold storage and transportation.



6. Cooking vegetables, grains may reduce contamination because of heating as corona virus does not survive in hot medium.



7. Take immunity building foods like

Tulsi drops

Haldi tablet (cucurmin)

Ashwagandha

Water

Pomegranate

Ginger

Jaggery

In moderation every day

8. Don't take non- seasonal fruit and vegetable and which are cold like watermelon and grapes

9. Gargle with salt water (lukewarm) everyday 2/days



10. Take steam regularly to keep your lungs clean.

11. Eat 25gm nuts daily for regular protein in body. If cannot eat nuts than daily eat boiled moong or peanuts (boiled).
12. Drink warm water + lemon daily to keep your body alkaline.



13. Apply virgin coconut oil / or Vaseline over body before sleeping.

As it prevents direct contact with body.

14. Take good rest as it best immunity booster.

15. Last but not the least :
Be positive.

Quarantine yourself

16. Drink for increasing immunity against corona virus

Fresh ginger – 5gm

Fresh haldi - 5gm

Grate and boil 5 minutes in water, strain, add pink salt 1 pinch and drink lukewarm at night.

For any assistance related to Dietary Guidance please feel free to contact us...

For Emergency contact on 9978600273/6355569862

**Dt. Minaz charania
Consultant Nutritionist
(MSc. FN)**

With lots of care, love and blessings we wish everyone to be safe, Healthy and Happy.