

# Nutrition and Covid-19 Messages

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 April 2, 2020.

## Overall key messages:

1. Healthy eating is important for everyone during COVID-19 Pandemic. A healthy diet helps people be at their healthiest and protect against illness.
2. Eat a variety of healthy foods every day, including plenty of vegetables and fruits, whole grains, and protein foods.
3. There are no single nutrients, vitamins or minerals to fight against COVID-19. An overall healthy diet supports the immune system.
4. Proper hand hygiene and social/physical distancing are essential to fight against COVID-19.

## Key messages for everyone

- Healthy eating and staying hydrated is important to protect against illness, regardless of age.
- Eat a variety of nutritious foods to support health and immunity.
- No single food, vitamin, mineral or supplement can boost immunity or protect against COVID-19.
- Proper hand hygiene and social/physical distancing are the best ways to protect against COVID-19.
- Wash your hands frequently when preparing foods at home.
- Use the [Eat Well plate](#) to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Enjoy meals with members of your household except if a family member is self-isolating.
- When eating together:  
Don't share snacks, like a family popcorn bowl  
Don't share drinks, cups or utensils  
Have one person use utensils to serve food to others

## Links to resources

### Food and Nutrition Resources:

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Choose Healthy Drinks](#)
- [Fibre Facts](#)
- [Eat Well Plate](#)

### Food Safety

- [General Food Safety](#)
- [Produce Safety](#)
- [Cleaning surfaces and sanitizing solution](#)

### Physical Distancing

- [Practice physical distancing](#)

## Key messages for everyone (continued)

- Disinfect surfaces daily. See guidance on cleaning surfaces and sanitizing solution.
- When family members are separated, consider eating together using video calling if possible.
- 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 on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, wash your hands before you eat.

## Key messages for healthy families at home

- Cook together with people in your household. This is a way of children learning and developing life skills while spending time together. Even young children can participate, e.g. setting the table, washing vegetables.
- Any ill family member should be self-isolating and not be participating in family cooking activities or using common serving tools.

## Preparing and stocking your pantry

- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store
- Avoid stockpiling.
- 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.

## Links to resources

### Video and recipes

- [Raising Our Healthy Kids Video](#)
- [Inspiring Healthy Eating recipes](#)

## Links to resources

[Alberta Health has a list of emergency supplies if you are looking for ideas.](#)

[Health Canada information about being prepared](#)

## Information for seniors

- Eating healthy is important at any age or stage of life.
- For older adults it is important to maintain strength and immunity.
- Meals can be simple. Look to [Canada.ca/foodguide](https://Canada.ca/foodguide) for the Eat Well plate.
- Include foods with protein at each meal of the day.
- Examples of protein foods to add at meals: eggs, yogurt, cheese, lean meat, poultry or fish, beans (any type), milk or fortified soy beverage.
- 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. If you live alone, try phoning or video calling a friend or family member and have a mealtime chat.
- If ordering take-out or having home meal delivery on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, remember to wash your hands before eating the food.

## Cooking for one

- 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.

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Choose Healthy Drinks](#)
- [Fibre Facts](#)
- [Protein foods](#)
- [Cooking for one](#)

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Cooking for one](#)
- [Canada's Food Guide](#)
- [Eat Well Plate](#)
- [Meal ideas](#)

## Information for people who are self-isolating

- Stay home and self-isolate.
- It is important to maintain good nutrition and hydration.
- Make sure you are eating and drinking regularly, even if you have a low appetite.
- No one food or vitamin/mineral or supplement can boost immunity or protect against COVID-19. At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.
- If you share a household with others, avoid sharing household items outlined in “How to self-isolate”.
- Arrange to have food and other items you need dropped off or delivered to your home or room you are isolating in.

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Choose Healthy Drinks](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Fibre Facts](#)
- [Canada's Food Guide](#)

### Self isolation

- [How to self-isolate](#)