



Tips of Daily Healthy Food and Nutrition Intake During COVID-19 City Lockdown and Self-Quarantine

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Maintaining a healthy immune diet during the COVID-19 pandemic, strict city lockdown, or self-quarantine is causing much changes in individuals' daily lives around the globe. Nevertheless, everyone is encouraged to follow the World Health organization (WHO) and the governmental advice to protect against infection and transmission of COVID-19, such as good hygiene and physical (social) distancing, including good food hygiene. Good nutrition is very critical before, during, and after an infection, particularly COVID-19 infection. Maintaining a healthy diet is a critical part of supporting a healthy immune system whereas no dietary supplements can prevent COVID-19 infection. Some countries that have implemented strict city lockdown and physical distancing regulations have not so much experiences in widespread food-supply disruptions.

The general tips for daily dietary intake during COVID-19 pandemic, strict city lockdown, or self-quarantine are recommended as the following: 1) Taking the foods only what they need. Individuals might feel the need to purchase large amounts of foods, but ensure that what is already in their pantry, as well as foods with shorter shelf life. 2) Spending longer periods of time at home may offer the possibility to make those recipes individuals previously did not have time to make. Nevertheless, various healthy and delicious recipes can be found online. 3) Some cities and countries have rather advanced delivery systems for ingredients and ready meals. Individuals should take the advantage of these delivery options. It is critical to keep food at the safe temperatures (below 5°C or above 60°C). Nevertheless, individuals should keep in mind that these services might be overwhelmed. 4) Individuals should be

aware of portion sizes of foods. Young children will need smaller portions, compared to adults' portions. 5) Following safe food handling practices (keep individuals' hands, kitchen and utensils clean; separate raw and cooked food, particularly raw meat and fresh produce; cook individuals' food thoroughly; keep individuals' food at the safe temperatures; and use safe water and raw material). 6) Limiting individuals' salt intake (less than 5 g of daily salt). 7) Limiting individuals' sugar intake (less than 5% of the total energy intake for adults should come from free sugar-around 6 teaspoons). 7) Limiting individuals' fat intake (less than 30% of the total energy intake, of which no more than 10% should come from saturated fat). Individuals should avoid foods that commonly contain trans fat such as fried and processed foods. 8) Consuming enough fiber (vegetables, fruit, pulses, and wholegrain foods in all meals). Wholegrain foods include oats, brown pasta and rice, quinoa and whole-wheat bread and wraps. 9) Staying home with well hydration. Well and healthy processing-tap water is the healthiest and cheapest drink. Individuals should avoid drinking large amounts of strong tea, strong coffee, and particularly energy drinks and caffeinated soft drinks. 10) Avoiding alcohol beverages or at least reduce individuals' alcohol consumption. Alcohol weakens the individuals' immune system.

In conclusion, during strict city lockdown or self-quarantine period, many families are spending more time at home that provide new opportunities to share meals together. Family meals are a critical opportunity for parents to be role models for strengthening family relationship, and for healthy eatin

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