



DIETARY AND NUTRITIONAL RECOMMENDATIONS

WHILE COVID-19 IS AROUND US

As a protective factor for health, it is recommended to maintain a healthy diet that includes varied and nutritious foods such as fruits and vegetables, beans, lentils, chickpeas, cereals (preferably whole grains), low-fat dairy products (milk, yoghurt, cheese), eggs, low-fat meats and, in greater proportion, white meats (chicken and fish) than red meats. Prefer local, seasonal and domestically produced foods.





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1. Strengthen your immune system through nutrition



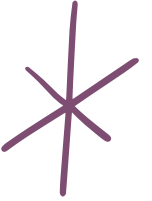
2. Increase your fruit and vegetable consumption to at least 5 servings a day



3. Eat legumes at least three times a week.



HOW MUCH IS ONE PORTION PER DAY?



FRUIT



- Whole fruit: 1 medium piece
- Fruit pieces: 1 cup
- Fruit juice: 1/2 cup
- Vegetable juice: 1 cup
- Dehydrated fruit: 1/4 cup

VEGETABLES

- Raw vegetables: 1 cup
- Cooked vegetables: 1/2 cup



To achieve the recommended **5 servings a day**, include three vegetables and two fruits that you could consume over the course of a day.

The following are examples of times at which you can include fruit and vegetables:

Breakfast: 1 cup papaya

Mid-afternoon: 1 small banana

Lunch: 1 cup of tomato mince, spinach

Dinner: 1 cup of green salad





Red Vegetables and Fruits:
tomato, watermelon, guava, red apple

Green Vegetables and Fruits:
lettuce, broccoli, spinach, grapes, green apple, lemon

Vegetales y Frutas Amarillas:
naranja, papaya, mandarina, mango, zanahoria, piña

Blue and Purple Vegetables and Fruits
blackberries, grapes, purple cabbage, aubergines, beetroots

White Vegetables and Fruits
onion, banana, garlic, cauliflower





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4. For your snacks, opt for healthy options: nuts, cheese, yoghurt.



5. Prefer white meats such as chicken and fish while beef and pork in smaller proportions.



6. Maintain good hydration

Adequate water intake.
Drink between two and 2.5 litres per day.



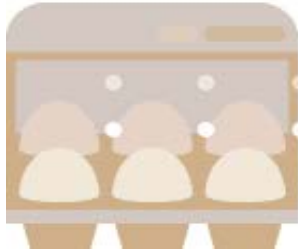
- MOOD**
- Reduces confusion
 - Reduces tiredness
 - Reduces stress
 - Reduces anxiety
 - Decreases feelings of sadness and depression



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7. Include eggs in your diet



8. Reduce consumption of salt and products high in calories, fats and sugars.



9. Be physically active





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WE TAKE CARE OF YOU



Sandra L. Pacheco N.D.
SAPORA S.A.S