



CRICKET ACADEMY BY
ROHIT SHARMA

Basic Nutrition guidelines for keeping the immunity up during the Corona virus pandemic

Coronavirus (COVID-19) pandemic is affecting every aspect of our lives. So, reducing exposure to the virus to slow the spread of this disease is required. No one can eliminate the greater risks of being infected by the virus but we can maintain basic health.

I was reading through how corona virus has been infecting people worldwide, but in reality, bad eating habits and hence less immunity and lifestyle diseases claims many more lives daily. As the count of corona cases have gone up, misinformation about foods and supplements are also increasing. It's good to see people are adopting health fitness and nutrition habits, but it's not practical to boost it the immunity up all of sudden. With so much misinformation published on miracle cures to this situation, fact can often be lost among falsehoods.

Here are some steps you can take to eat healthy at least to keep the basic immunity up in the times of COVID:

Stock up on nutrition-dense foods and clean foods that will stay fresh for longer, like:

- Whole Grain
- Milk & Milk products
- All types of Fruits
- All Fresh Vegetables & greens
- Poultry products & fresh sea foods
- Beans/Legumes
- All types of Nuts & seeds
- Flavorings - add zing with dried herbs & spices, vinegars, mustard, lemon/lime juice, light dressings, honey, Yogurt, etc
- Keep yourself hydrated: Plain warm water, lemon water, ginger water, tulsi-Honey water, mint water, etc. for keeping the immunity up.
- Avoid outside, packaged foods, sweets, fried junk foods, etc





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Keep the stress down by making the home and mealtime fun by:

- Reconnect with family and have indoor picnic, game, mealtimes, cooking, movie time and trying some new healthy recipes, etc.
- Try avoiding going out as much as you can, avoid social gatherings.

General guidelines for physical and mental health at home:

- Manage boredom: Practice positive stress management strategies like being with your pet, loved ones, take up indoor exercises, yoga, meditation, etc
- Athletes can practice and train indoors
- Wear proper masks to avoid infection, if you move out
- Skip the bad habits and addictions
- Stick with your routine: Eat meals at regular times, sleep and wake up timely and do your chores and exercises regularly.
- Wash your hands before you leave home and as soon as you return.
- Gargle with warm turmeric-salt water twice daily.
- If unwell? Have a dry cough & hard time breathing? Feeling feverish? Don't hesitate to reach out to your physician for further instructions.

We are all in this tough together. Let's make the most of it to come out healthier and ready to enjoy all the wonderful times to come by maintaining the social distance, staying home and staying safe for the coming days!



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