



SIVAS HEALTH AND RESEARCH INSTITUTE

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COVID DIET & LIFESTYLE GUIDELINES

For the body to give an optimal fight against the virus 3 things are essential

- i) Rest to stomach
- ii) Rest to the body
- iii) Rest to the mind

i) Rest to stomach – Dietary Guidelines

1) it is very important that YOU EAT ACCORDING TO YOUR APPETITE

It means

A) if you have NO appetite & vomiting sensation - **fasting for 6-8 hours**

B) if you have NO appetite but no vomiting sensation

- **have only ganji made from rice (1:14 water) or very thin soups (available from shops)**

C) if you have a little appetite but not normal

- **Thin upma / dalia**

- **Thin kichidi (1:1 rice and green gram)**

- **Thin pongal**

D) If appetite is “Normal”

- soft rice+simple vegetable curry snake gourd(పొట్లకాయ) , ridge gourd(బీరకాయ),

bottle gourd(పొరకాయ), bitter gourd(కొరకాయ) + thin dal + rasam (not sambar or pulusu or charu) , non spicy pickle(amla , lemon or tamarind or ginger)

(OR) Pulkas + simple curry

2) Always eat lightly ; particularly if appetite is not normal

3) AVOID HEAVY FOODS (particularly if appetite is not normal)

Heavy foods to be avoided include

- FATS
- High Protein
- High Fibre or Difficult to digest foods

AVOID FATS -

- Milk, Tea, Coffee , Curd , Butter milk
- Eggs
- Non Vegetarian foods
- Fried Foods
- Oily Foods – puri / parathas etc
- Nuts – Badam / Kaju etc

Avoid high protein items-

- Meal maker
- Egg whites
- Non Vegetarian items

Avoid high fibre foods

- Millets – Korralu etc
- Oats
- Ragi
- Jowar
- Brown rice
- Barley etc

Avoid foods difficult to digest

- Roots & tubers
- Raw foods / Salads / Raw vegetables
- Sprouts



Avoid “Sticky”foods or Mucilagenous foods

- Gongura(గోంగూర) etc, bachali (బచ్చలి)
- Chama gadda
- Black gram – Vada, Dosa etc
- Bananas , Sapotas, etc

4) Always PREFER Hot or cooked foods only

- Avoid cooling foods
- Fruits
- Coconut water etc

5) Eat on time

- Major meals in morning
- Medium at noon
- Light at night

6) Avoid intermeal snacking

- Have only 3 food intake times

7) Eat with full focus on food – MINDFULLY & LOVINGLY

8) Water

Drink water as per thirst only Do not drink excessive water Boil every 1 litre of water with

15g of dhaniya seeds (crushed) or powder

10g of ginger and black pepper (5g each)

a) or 15g of suggested medication

Boil till only 750ml remains

Use the boiled water for drinking purposes as well as for all cooking purposes

If medicated water is not palatable, Boil every 1 litre water to 600ml and use that water

After cooling for drinking & cooking purposes

ii) REST TO THE BODY

- Do Not exercise during infection
- Do Not do strenuous works
- Avoid Sex
- Avoid excessive physical activity
- Avoid excessive talking , reciting, shouting
- Avoid Breathing exercises- when lungs are inflamed
- Sleep early & sleep well

iii) REST TO THE MIND

- Stay calm & Relaxed
- Pray or meditate
- Avoid late night sleep
- **Avoid unnecessary anxiety, worrying etc**
- Sleep well

Restarting of heavy foods

After 10 days, or after appetite is normal, with lightness of body & normal stools and Normal CRP & D-dimer -can restart fats gradually.

Ghee initially fried with ginger or jeera etc in small quantities

If No increase of weakness or heaviness & No raise of CRP & D-dimer is noted , can then start Milk boiled with long pepper or Black pepper & again observe if any Heavyness, bloating or weakness develop or CRP & D-dimer rise

If Normal , Can then restart normal diet