The **Importance** of **Nutrition**

Good nutrition has been recognised as essential before, during and after any infection. It needs to be said that no food or supplement can prevent a Covid-19 infection, however, taking steps to support our immune systems through maintaining a healthy diet is very important.

Try focussing on the following areas:

Eat a rainbow diet

Eating a variety of fruit and vegetables every day is important to ensure you are taking in adequate levels of nutrients to support immunity.

Cook from scratch

There are many excellent recipe books, websites and other resources available. Use these to inspire and guide you to include more nutrient-rich and immune-boosting foods. This includes vegetables, wholegrains, nuts and healthy fats (like olive oil).

Make healthier choices

Reduce sugar, salt and unhealthy fats. These are found in cakes, biscuits, fast food and many ready meals. Making more healthy choices forms an important part of the immune support process.

Limit alcohol consumption

Alcohol compromises the immune system, so reducing it is particularly helpful in maintaining a strong immune system, particularly during a pandemic.

Drink plenty of water

6-8 glasses (of around 250ml) of water a day is seen as a general guideline. Water helps to transport nutrients around the body to different cells and organs, which helps strengthen our immune systems.