

## Diet Planning during COVID-19 Pandemic

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### Editorial

Optimal diet can increase well-being and may reduce the risk and morbidity of Coronavirus Disease 2019 (COVID-19), which is caused by the coronavirus-2 that causes Severe Acute Respiratory Syndrome (SARS-CoV-2). Nutritional recommendations are summarized in this editorial to endorse food advice offered by dietitians and other health-care providers. Fruits, vegetables, and whole grain diets were recommended in the majority of reports 31% of the recommendations emphasized the role of minerals and vitamins like zinc, as well as vitamins C, A, and D, in maintaining a healthy immune system. COVID-19 mitigation has not been attributed to dietary supplementation. Supplementing of vitamins C and D, as well as zinc and selenium, has been suggested as a possible benefit for people who have or are at risk of respiratory viral infections, or for those who have nutritional deficiency. While there was no conclusive evidence that food or food packaging were linked to COVID-19 transmission, safe hygiene practices for handling and processing foods were advised. Even in women living with COVID-19, no improvements to breastfeeding guidelines have been made.

Almost all of the experiments urged people to eat more fruits, vegetables, and whole grain meals. At least 5 servings of fruits and vegetables a day was recommended by two diet societies from Italy and Spain. Vitamins A, C, D, E, and B complex, as well as zinc and selenium, which are essential immune system modulators, are abundant in fruits and vegetables. Furthermore, fruit and vegetables are high in water, vitamins, and fibre, both of which help to prevent hypertension, diabetes, and weight gain, which are some of the most serious COVID-19 complications.

Micronutrients play a role in both innate and adaptive immune responses, contributing to immune regulation through a number of pathways. Vitamins A, C, D, E, B<sub>6</sub>, B<sub>12</sub>, and zinc are necessary for the structural and functional integrity of physical barriers (such as the skin, gastrointestinal lining, respiratory tract, and others), as well as the differentiation, proliferation, function, and migration of innate immune cells. During times of elevated oxidative stress, vitamins C and E, as well as zinc and selenium, protect against free

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radical harm. Vitamins A, C, D, E, B<sub>6</sub>, and B<sub>12</sub>, as well as zinc and selenium, promote adaptive immunity by regulating T and B cell division, proliferation, and normal activity. These nutrients also have an effect on antibody formation and activity, as well as cell-mediated immunity and pathogen detection and degradation. Finally, they have antimicrobial properties as well as the ability to control the inflammatory response.

Approximately one-third of the listed recommendations stated at least one of these nutrients as being essential for immune system optimization, with zinc and vitamins C, A, and D receiving particular attention. A regular diet rich in beef, seafood, lentils, and beans, dairy foods, nuts, grains, eggs, citrus fruits (e.g., orange, lemon, grapefruit, kiwi, strawberries) and vegetables like broccoli, cauliflower, pumpkin, spinach, sweet potato, and carrots will help you get plenty of these micronutrients. Although vitamin D can be produced from certain dietary sources, it is primarily synthesized endogenously through ultraviolet B irradiation of the skin. In fact, exposure to sunlight will raise serum vitamin D levels to the same degree as an oral vitamin D dose of 250µg to 625µg. To reduce saturated fat consumption, almost one-third of research suggested avoiding salt, fat, and sugar and encouraging decreases in sugary beverages, other sugar-rich products, meat servings, and other animal-derived foods. They also proposed using low-fat dairy ingredients and healthier fats (such as olive oil and fish oil) in the diet, as well as including sauces, spices, and herbs as salt substitutes.