

Nutrition Boosting

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Editorial

Coronavirus is a dangerous virus and its affecting the world and the prevention of this virus is very difficult because the vaccine of that virus has not been developed and a lot of institutes are trying to find the vaccine for this virus. The main focus to prevent the disease, before we get the vaccine is to strengthen the immune system. The strong immune system prevents the disease. Nowadays immune system is very sensitive due to the impurity and chemical present in the food which causes very harmful effects in our immune system and make it weak. For strong immune system we need to maintain the diet. The right amount of the nutrients as well as protein in body is very important and its increase the strength of immune system. Nutrition-rich food is important to eat because it is the only thing which prevents us from diseases and virus like COVID 19. This time every person needs to take care of their immunity and the senior citizen, pregnant woman and children needs more care to prevent themselves from this virus. For making a strong immunity the good quality food is very important in which the important thing

is the protein and fiber-rich food. The fiber-rich food helps us to maintain health and immune power and this is the era in which the immunity is very important for fighting COVID 19 because this virus attacks the respiratory system. Nowadays the people who get affected to the COVID 19 have low immunity and those have a strong immunity recover very fast. This is because of the good quality food. The important thing is that the immune system needs to be healthy and strong, and this happens only for getting good food and high amount protein in body. As we know the food plays a very important role for strong immunity and for this, we have to take healthy food. According to the study of the World Health Organization, the person who takes the vegetable more have strong immunity as a comparison to those who did not take this. The result of this is that person goes affected with COVID 19 so for preventing with this we have to maintain the quality of food and for this we have to improve the amount of the nutrient and protein in our diet and try to eat pure food because the impure food is not helpful to maintain the immunity in body. Lastly, food quality is a very important factor for immunity in our body and needs to be very careful with this virus.