

# Nutrition Newsletter



**KĀSIGA SCHOOL**  
DEHRADUN  
■ KNOWLEDGE ■ STRENGTH ■ COMPASSION

## REDUCE YOUR RISK OF CORONAVIRUS INFECTION



**Clean hands** with soap and water or alcohol-based hand rub

**Cover nose and mouth** when coughing with tissue or flexed elbow



**Avoid close contact** with anyone with cold or flu-like symptoms

**Thoroughly cook** meat and eggs



**Avoid contact** with wild or live farm animals



## Building Immunity to Fight Infections!

The Coronavirus epidemic has already claimed more than 800 lives worldwide. There is an immediate need to take precautions, where the key is to focus on building one's immunity and overall health.

It is important to not just follow basic hygiene guidelines, but also take steps to boost immunity, lifestyle and enhance the body's natural defence mechanism, 'immunity', to prevent the deadly coronavirus infection.

Since it is a virus which has never mutated in human beings before, there is no current solution to it but prevention is the best way to save ourselves from getting affected.

The World Health Organisation (WHO) and The Centre for Disease Control and Prevention (CDC) always recommend everyday preventive actions to help prevent the spread of respiratory viruses.

Certain immunity boosting foods can protect the body from the flu and other viruses and infections all throughout the year.

### Protect yourself and others from getting sick

#### Wash your hands



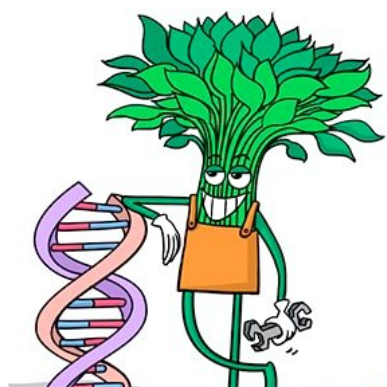
- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are dirty

***The following foods can help in building our immune system to prevent infection:***

- ✦ **Garlic** - It is a powerful anti-viral. It can be eaten raw or can be added to meals/soups. Mix **raw garlic cloves with a unpasteurised, raw honey** in a glass jar. Consume one garlic clove every day after two to three day, to boost your immune system.
- ✦ **Turmeric** - Turmeric is a natural way to help bolster the immune system by increasing the immunomodulating capacity of the body. Add a pinch of **turmeric, black pepper and ginger to one teaspoon of honey** and consume it daily or add **half teaspoon of turmeric to one cup of organic cow milk** and drink before sleeping.
- ✦ **Resveratrol** - Foods rich in resveratrol such as **peanuts, pistachios, grapes, blueberries, cranberries, strawberries, and even cocoa and dark chocolate** have anti-inflammatory properties and are good antioxidants.
- ✦ **Vitamin-C rich foods** - Foods such as **citrus fruits, amla, red , green and yellow bell peppers, cauliflower** are rich in Vitamin C which enhance immune function of the body. Vit C supplements also help to fight infections such as cough and cold.
- ✦ **Anti-viral herbs** such as **oregano, tulsi, ginger, saunf** are great for immunity, and can be used in teas or curries for respiratory health including mucous problems which can become a "breeding ground for bacteria and pathogens".
- ✦ **Prebiotics and probiotics** keep your gut healthy. The healthier your gut, the stronger is your immune system. Foods such as **yoghurt, apple cider vinegar, rice or beetroot kanji** help to increase the "good bacteria" in your gut for better immunity.
- ✦ **Zinc and Selenium** are important minerals that should be included in the diet. They can be found in **almonds, pumpkin seeds, sunflower seeds, unsalted cashew nuts and unsalted pistachios**.

***#All these dietary changes should be coupled with good exercise and proper sleep for maximum benefits.***

Green leafy vegetables are immunity boosters that help in DNA repair



*Created and Published by - Tanya Khanna  
(M.Sc. Public Health Nutrition): Gold Medalist  
Life Member: Indian Dietetics Association (IDA)  
Founder: Nutrinya (Health and Wellness)  
Nutritionist: Kasiga School, The Doon School,  
Unison World School  
[nutritionist@kasigaschool.com](mailto:nutritionist@kasigaschool.com) ; +91-9811980841*