

Nutrient food helps to build your immunity to fight against covid-19.

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Currently Covid-19 pandemic is a main challenge across the globe. It's far mandatory to achieve and hold accurate dietary reputation to combat against virus. Nutritional status of person is affected by several elements which include age, sex, health popularity, lifestyles fashion and medications. Dietary popularity of individuals has been used as resilience towards destabilization at some point of this COVID-19 pandemic. Premier nutrients and dietary nutrient intake effect the immune system, therefore the handiest sustainable manner to continue to exist in modern-day context is to bolster the immune system. There's no evidence found that supplement can cure the immune machine except Vitamin C, which is one of the exceptional way to enhance immune machine. A proper weight loss plan can make sure that the frame is in proper kingdom to defeat the virus. But alongside the nutritional management suggestions the food safety control and appropriate food practices is obligatory. This newsletter explores the significance of vitamins to boost immunity and offers a few expert and true nutritional suggestions approximately vitamins and meals safety to withstand COVID-19[1].

Currently, the COVID-19 pandemic is the leading assignment across the globe, therefore scientists and researchers are trying to create a specific vaccine for this virus however to no avail so far. Even if they had been able to find the vaccination technique, there is a high possibility that different antimicrobial resistant infections will succeed in society. Nutritional fame is very essential to maintain a strong immune system against the virus. Certain factors such as way of life, age, fitness status, intercourse, and medicinal drugs affect the nutritional status of an individual. Three at some point of the COVID-19 pandemic, the nutritional reputation of individuals has been used as a measure of resilience closer to destabilization [2].

Most reliable vitamins and dietary nutrient intake affect the immune device via gene expression, cell activation, and signalling molecules modification. similarly, various nutritional substances are determinants of intestine microbial composition and subsequently form the immune responses in the frame 3 therefore the prevailing proof indicates that the best sustainable way to continue to exist within the contemporary state of affairs is to reinforce the immune gadget.

A good enough consumption of zinc, iron, and vitamins A, B 12, B6, C, and E is important for the renovation of immune feature. Inside the present day situation, COVID-19 has imposed a brand new set of demanding situations for the person to hold a healthful eating regimen. The state of self-isolation, lockdown, and social distancing are essential measures to pulling down the curve of the disease, although those measures have excessive

repercussions on a character's lifestyles. The act of confining to one's home has huge impacts on one's fitness, consisting of adjustments in ingesting styles, sound asleep behaviour, and bodily pastime. It would promote sedentary behaviours that affect mental and physical fitness and lead to an expanded danger of weight problems. Five worry and anxiety may also cause modifications in dietary conduct leading to bad nutritional styles and much less choice to devour or with lessened leisure in the course of ingesting[3,4]

Nutritional dietary guidelines to resist COVID-19

- Eat fruits every day (guava, apple, banana, strawberry, cantaloupe melon, grapefruit, pineapple, papaya, orange, Longman fruit, and blackcurrant) with a serving size of two cups (four servings).
- Consume sparkling vegetables (green bell peppers, garlic, ginger, kale, lime, coriander (dried), broccoli, green chili pepper) 2. five cups of greens (5 servings) legumes (beans and lentils).
- Consume whole grains and nuts, 180 g of grains (unprocessed maize, oats, wheat, millet, brown rice or roots consisting of yam, potato, taro or cassava)
- Use nuts like almonds, coconut, and pistachio.
- Pork can be eaten once or twice per week, and rooster 2-3 times consistent with week. Use meals from animal assets (e.g., fish, fish, eggs, and milk) and 160 g of meat and beans.
- For snacks, choose fresh culmination and uncooked vegetables in place of meals which can be high in sugar, salt or fat. Keep away from irregular snacking.
- Do not overcook vegetables as it results in the lack of essential vitamins inclusive of nutrients and minerals.
- Ensure the meals are ready and served at ideal temperatures (\geq seventy $^{\circ}$ C for 2 minutes).
- Limit the salt consumption to five g an afternoon [5].

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