

“Taking a Bite Out of Post-COVID”

Eating Well with Post-COVID Condition: Nutrition Education Session

Unity Health Post-COVID Self-Management Program





WELCOME!

**Presenter –
Nicole Luinenburg, Registered
Dietitian**

Program Objectives:

- ➔ Increase client knowledge on the impact of Post-COVID condition on nutrition
- ➔ Provide guidance on appropriate dietary changes for Post-COVID Condition
- ➔ Provide strategies to optimize nutrition
- ➔ Promote self-management of symptoms





This Session is:

- Group based recommendations
- Suggestions for the most common Post COVID related symptoms
- Focuses on healthy lifestyle and sustainable changes

Does not provide:

- Individual nutrition advice or recommendations
- Dietary supplement suggestions

➡ Please do not share video or handout with those outside of the program

➡ A handout will be provided along with this video.





Appetizer – Balanced Meals

- What are balanced meals?
- Balanced Meal Examples
- Getting enough protein



Entrée – Nutrition for Post-COVID Symptoms

- Navigating Low Appetite and Fatigue
- Managing Weight Changes



Dessert – Additional Strategies for Healthy Living

- Mindful Eating
- Dietary Supplement Safety

Our Agenda: A Three Course Meal!



Balanced Eating

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods

Ideal proportion of food groups to be eaten over the course of a day.

- ➔ Source of Protein - $\frac{1}{4}$ of your plate
- ➔ Source of whole grains or starches – $\frac{1}{4}$ of your plate
- ➔ Variety of Fruits and Vegetable – $\frac{1}{2}$ of your plate

Helps with:

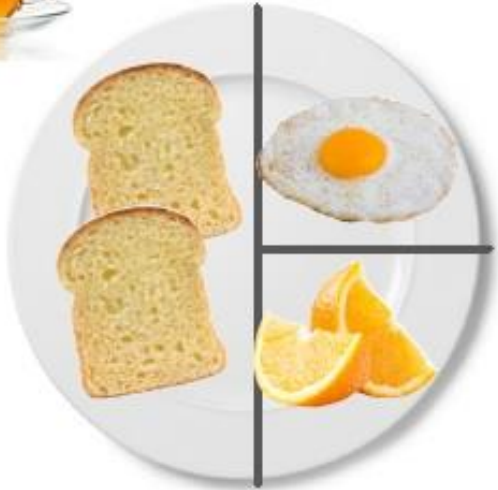
- Ensuring you eat all essential nutrients
- Weight maintenance
- Feeling full and satisfied
- Meal planning.

Ask yourself – “Is this Meal Balanced?” – when putting together meals.

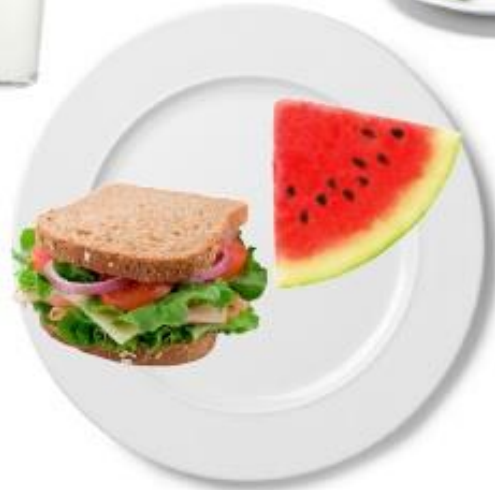


Here are some examples of well-balanced meals and a snack.

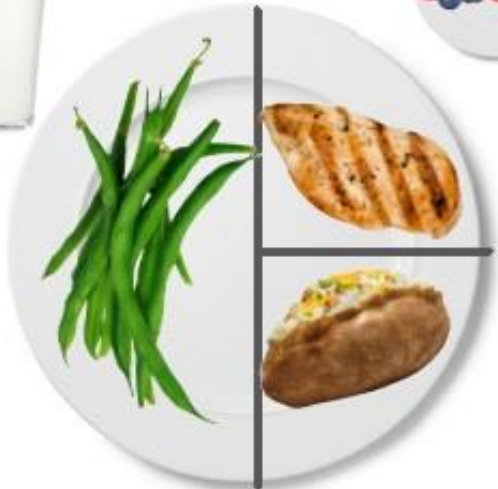
At breakfast:



At lunch:



At dinner:



For a snack:



Balanced Eating



What does balanced eating look like throughout the day?

When putting together meals, ask yourself – “Is this Meal Balanced?”



Getting Enough Protein

- Post-COVID condition can lead to muscle loss, leading to increased fatigue
- Protein is an important part of recovery
 - ➔ Have a source of protein at each meal and snack
 - ➔ Pair a starch, vegetable or fruit with a protein to create a balanced snack
 - ➔ Have at least 3 servings a day

Meat and Poultry
 2½ oz (75g) = Palm of hand



Fish
 2½ oz (75g) = Palm of hand



Peanut butter
 2 tbsp (30 mL) = 2 thumbs



Good Sources of Protein Include:

- Meat, fish, poultry and eggs



- Nuts and seeds



- Soy foods



- Beans, Peas and Lentils



- Low-Fat Dairy Products



- Some Whole Grains (i.e. quinoa, whole grain breads and pastas)





Entrée - Nutrition For Post-COVID Symptoms

Common symptoms include:

- Low appetite “I just don’t feel like or remember to eat”
- Fatigue
- Weight Changes



Low Appetite and Fatigue

- ➔ Lack of hunger or Forgetting to eat
- ➔ Eating less due to another symptom (i.e nausea, reflux, bloating, diarrhea or constipation)
- ➔ Decreased energy throughout the day
- ➔ Decreased energy to make and prepare meals

Common strategies to help:

- Ensuring protein at each meal and snack
- Small frequent meals
- High energy foods
- Snacks
- Quick Easy Meals

**Make Every
Bite Count!**



Small Frequent Meals

Eating 3 meals a day, with snacks in-between, can:

- Ensure your getting enough throughout the day
- Maintain your strength and energy levels
- Slow digestion
- Controls blood sugars

➔ Even 4-6 “mini” meals a day can help improve appetite!

How?

- Splitting meals into two
- Having a smaller portion then adding a snack later
- Keeping snack within reach
- Avoiding more than 3 hours between eating



Three Meals

Vs.

Small, Frequent Meals

Breakfast



Lunch



Dinner



Breakfast



Snack 1



Lunch



Snack 2



Dinner



Snack 3



Navigating Fatigue

Planning, shopping, preparing and cooking meals can all be fatiguing, try:

- Purchasing prepared or pre-cooked whole foods
- Have no-cook snacks “handy”
- Use frozen fruits and vegetables (no chopping needed!)
- Buy “ready to eat” fruit and vegetables (bananas, blueberries, baby carrots, salad mixes, etc.)
- Use grocery delivery or “pick-up” to save energy



If you are too tired to eat:

- Prepare foods when you feel your best, and freeze some for later
- If you cannot eat, choose high protein smoothies and drinks
- Eat on a schedule, and eat even when your not hungry
- Choose foods that do not require a lot of chewing



Food as Fuel – Energizing Meals and Snacks

Meals:

- Microwave cooked oatmeal with yogurt
- Frozen vegetables added to canned soups
- Canned tuna or salmon
- Scrambled eggs and toast
- Canned beans and rice
- Peanut butter and raspberry jam sandwich

Common Energizing Foods: berries, avocados, oranges, bananas, nuts and seeds, eggs, oats.

Snacks – Have a source of protein paired with a fruit, vegetable or starch

Examples:

- Fruit and nut butter
- Fruit and yogurt
- Fruit and cheese
- Crackers and cheese
- Crackers and hummus
- Veggies and Hummus
- Half sandwich



Managing Weight Changes

1. Decreased activity and reduced muscle mass +
2. Post-COVID related inflammation +
3. Increased stress and anxiety
= Increased likelihood of weight gain

- ➔ Eating balanced meals that include a source of starch, protein and fruit or vegetable
- ➔ Get enough protein to promote lean muscle
- ➔ Consume fiber from fruits, vegetables, and whole grain products
- ➔ Practice mindful eating





Dessert – Additional Strategies for Healthy Living

- Mindful Eating
- Supplement Safety



Mindful Eating



- ✓ **Consider your Eating Habits**
 - Think about what type of food you are eating
 - Make positive eating choices
 - Reconnect to the “why” of your eating choices

- ✓ **Create a Healthy Eating Environment**
 - Focus on your food at meal times
 - Avoid distraction like television, or eating while working

- ✓ **Enjoy the taste, smell and how it feels in your mouth**
 - Chew thoroughly and eat slowly
 - Notice the texture, aroma, flavor (is it sweet, crunchy, sweet, smooth or spicy?)

- ✓ **Pay attention to what your body is telling you**
 - Were you hungry when you ate?
 - Do you feel satisfied?



Supplement Safety

- Vitamins, minerals and nutritional supplements can be important in those with nutritional deficiencies or those with certain conditions.
- Most are “relatively safe” when consumed correctly and guided by a healthcare professional.
 - Always let your doctor know of supplements you are taking, or you are thinking of trying.
 - Those with kidney disease should take extra caution.

Credit: freshidea - stock.adobe.com



Supplement Safety

- Important to be aware of:
 - ✓ Why a supplement is warranted
 - ✓ The adequate dosage
 - ✓ Safety precautions
 - ✓ Starting only one at a time
 - ✓ Drug interactions

- At this Time:
 - No supplement has proven research to treat Post-COVID Condition and its symptoms
 - No research shows supplementing over recommended dosages is effective for Post-COVID symptoms
- ➔ Use reliable websites for research and to check for safety
i.e. NIH – Dietary Supplements in the Time of COVID (Consumer)





Postcovidrehabphc@unityhealth.to

