Long COVID can affect your nutrition and weight in different ways. If you’re struggling with lack of appetite or other gastrointestinal issues you may be malnourished or underweight. On the other hand, you may have gained unwanted weight if you’re suffering from extreme fatigue or post exertional malaise and are less active than before. It’s important for everyone with Long COVID to eat a healthy and balanced diet to support their body during illness and the recovery process.

A healthy diet includes the following:

- fruits and vegetables
- whole grains
  - brown rice, quinoa, oats, wheat, millet
  - whole-grain foods (such as whole-grain bread, breakfast cereal, pasta, and crackers)
- healthy protein
  - legumes (beans, lentils, peas, and chickpeas)
  - nuts
  - fish and other seafood (shrimp, crab, lobster, mussels, scallops, and oysters)
  - eggs
  - poultry (chicken, turkey, duck, Cornish hen, ostrich, pheasant, and quail)
  - lean dairy (low fat milk and cheese, yogurt)
- water
  - aim for half of your body weight in ounces each day
- healthy oils, such as olive or canola
Limit your intake of:

- salt to < 2,300 milligrams per day – about one level teaspoon
- saturated fat to less than 22 grams per day
- added sugar to less than 50 grams per day – about 12 level teaspoons
- red or processed meat (including beef, pork, cold cuts, bacon, hot dogs, and sausage)

Advice if you have reduced smell or taste

- Ensure good oral hygiene with twice-daily toothbrushing.
- Perform smell training, which includes sniffing lemon, rose, clove and eucalyptus for 20 seconds each, twice a day.
- Experiment with herbs and spices like chilli, lemon juice and fresh herbs to add flavor to your foods, but be cautious as these can worsen gastric reflux.