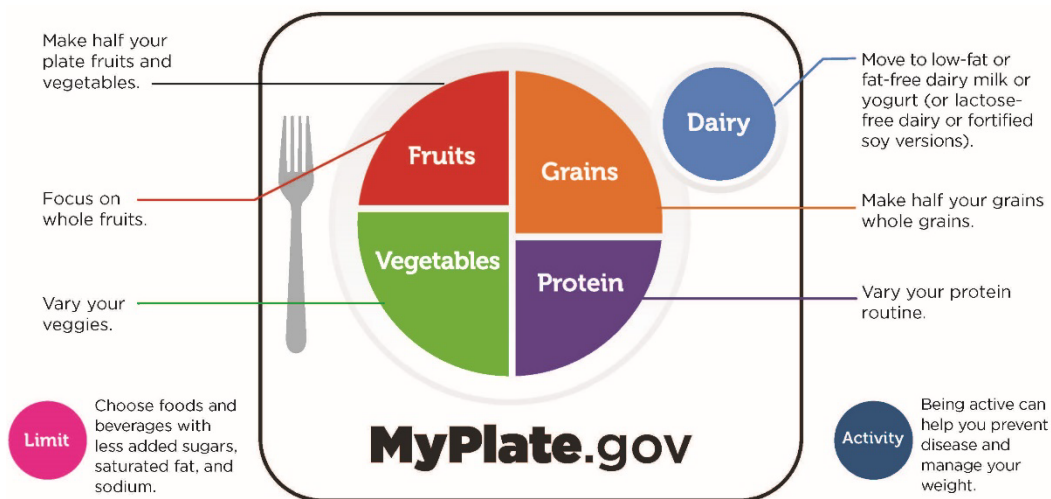




Nutrition, including smell and taste problems

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)

 <p>Fruits</p> <p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	 <p>Vegetables</p> <p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p>	 <p>Grains</p> <p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”</p>	 <p>Protein</p> <p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	 <p>Dairy</p> <p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
<p>Daily Food Group Targets – Based on a 2,000 Calorie Plan</p> <p>Visit MyPlate.gov/MyPlatePlan for a personalized plan.</p>				
<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 small apple 1 large banana 1 cup grapes 1 cup sliced mango ½ cup raisins 1 cup 100% fruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 cup cooked collard, kale, or turnip greens 1 small avocado 1 large sweet potato 1 cup cooked beans, peas, or lentils 1 cup cut cauliflower 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked couscous ½ cup cooked grits 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce cooked lean chicken, pork, or beef 1 ounce tuna fish ¼ cup cooked beans, peas, or lentils 1 Tbsp peanut butter 2 Tbsp hummus 1 egg 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup dairy milk or yogurt 1 cup lactose-free dairy milk or yogurt 1 cup fortified soy milk or yogurt 1½ ounces hard cheese 1 cup kefir



Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day Adults ≥ 150 min/week

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.