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Kisan Shikshan Prasarak Mandal, Udgir

Mahatma Phule Mahavidyalaya, Ahmedpur

Dist. Latur - 431515

(NAAC Accredited 'B' Grade)

One Day National Seminar (Online) on

**“Role of Physical Education &
Yoga For Maintainance of Health and Fitness
Under Covid-19 Situation”**

Edited by

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Department of Sports

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IMPORTANCE OF DIET DURING COVID-19 SITUATION”

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ABSTRACT:

The present paper discusses the importance of diet during COVID-19 situation. Healthy diet & exercise tips are given. Further it gives benefits of eating healthy and healthful diet. In the next part shortly discussed COVID-19 situation in India & Maharashtra by WHO, nutrition advice for adults during COVID-19 outbreak and given tips for food safety and safer food by concluding daily diet with amount & avoid something.

KEY WORDS:

WHO, COVID-19, Diet, Healthy food, Healthful diet, COVID-19 situation India, Maharashtra, Nutrition advice, Foods safety, Safer food, NCDs etc.

INTRODUCTION:

Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of non-communicable diseases (NCDs) and conditions.

However increased production of processed food, rapid urbanization and changing lifestyles has led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains.

The exact make-up of a diversified balanced and healthy diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity) cultural context locally available foods and dietary customs.

However the basic healthy diet remains the same. A healthy diet can protect the human body against certain types of diseases in particular non-communicable diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions. Healthy diets can also contribute to an adequate body weight.

DIET:

There are 12 diet and exercise tips.

- ✓ Do not skip breakfast. Skipping breakfast will not help you lose weight.
- ✓ Eat regular meals.
- ✓ Eat plenty of fruit and vegetables.
- ✓ Get more active.
- ✓ Drink plenty of water.
- ✓ Eat high fibre foods.
- ✓ Read food labels.
- ✓ Use a smaller plate.
- ✓ Do not ban foods.
- ✓ Do not stock junk food.
- ✓ Cut down on alcohol.

- ✓ Plan your meals.

(Source:National HealthService (NHS) in Great Britain)

What are the benefits of eating healthy?

Healthful eating also means replacing foods that contain transfect added salt and sugar with more nutrias options.

- ✓ Heart health
- ✓ Reduced cancer risk
- ✓ Better mood
- ✓ Improved gut health
- ✓ Improved memory
- ✓ Weight loss
- ✓ Diabetes management
- ✓ Strong bones and teeth
- ✓ Getting good night's sleep
- ✓ The health of the next generation

HEALTHFUL DIET:

These are plenty of small positive ways to improve diet including.

- ✓ Swapping soft drinks for water and herbal tea.
- ✓ Eating no meat for at least 1 day a week.
- ✓ Ensuring each meal consists of around 50% fresh product.
- ✓ Swapping cow's milk for plant based milk.
- ✓ Consuming whole fruits instead of junks which contains less fiber and often include added sugar.
- ✓ Avoiding processed meats which are high in salt and may increases the risk of colon cancer
- ✓ Eating more lean protein which people can find in eggs tofu fish and nuts

A person may also benefit from joining a cooking class and learning how to incorporate more vegetable into meals.

COVID-19 situation in India:

The WHO India weekly COVID-19 situational report provides a comprehensive summary of the COVID-19 situation in India.

The report provides an epidemiological overview of India highlights WHO India operational updates on risk communication and community engagement infection prevention and control clinical management, operation support & logistics. The WHO situational report summarises the severity of public health and social measures implemented in India and provides an update on pandemic vaccine deployment in the country.

These are 93 India situation reports are available with WHO on weekly basic 32249900 people are so far affected in India by novel corona virus COVID-19 31441260 out of 32449900 have recovered.Sadly432112 patients have died due to coronavirus in India 363849 patients are still in hospital and recovering.The last recorded case of corona virus in India was 49 minutes ago.

COVID-19 in Maharashtra:

In Maharashtra total cases 6396805 and now cases are 4145 total deaths are 135139 and new deaths are 100 total recovered patients are 6195744 and active cases are 62452(Source : Corona India Tracker, best updated 2021-08-13 23:27:22)

Nutrition advice for adults during the COVID-19 outbreak:

Proper nutrition and hydration are vital. People WHO eat a well – balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illness and infection diseases. So you should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs. Drink enough water avoid sugar fat and salt to significantly lower your risk of overweight obesity heart disease stroke diabetes and certain types of cancer.

- ✓ Eat fresh & unprocessed food every day
- ✓ Drink enough water every day
- ✓ Eat moderate amounts of fat & oil
- ✓ Eat less salt and sugar
- ✓ Avoid eating out
- ✓ Counselling & psycho social support
- ✓ Flyer info graphic and social cards

Tips for food safety during COVID-19:

There is no evidence that COVID-19 can be spread through contact with food or food packing. COVID-19 is generally thought to be spread from person to person however it's always important to practice good hygiene when handling food to prevent any food borne illnesses. Follow WHO'S five key to safer food

- ✓ Keep clean
- ✓ Separate raw and cooked
- ✓ Cook thoroughly
- ✓ Keep food at safe temperatures
- ✓ Use safe water & raw materials

CONCLUSION:

Daily eat: 2 cups of fruits (4 servings) 2.5 cups of vegetables (5 servings) 180gm of grains and 160gm of meat and beans (red meat can be eaten 1-2 times per week and poultry 2-3 times per week) for snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar fat or salt.

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