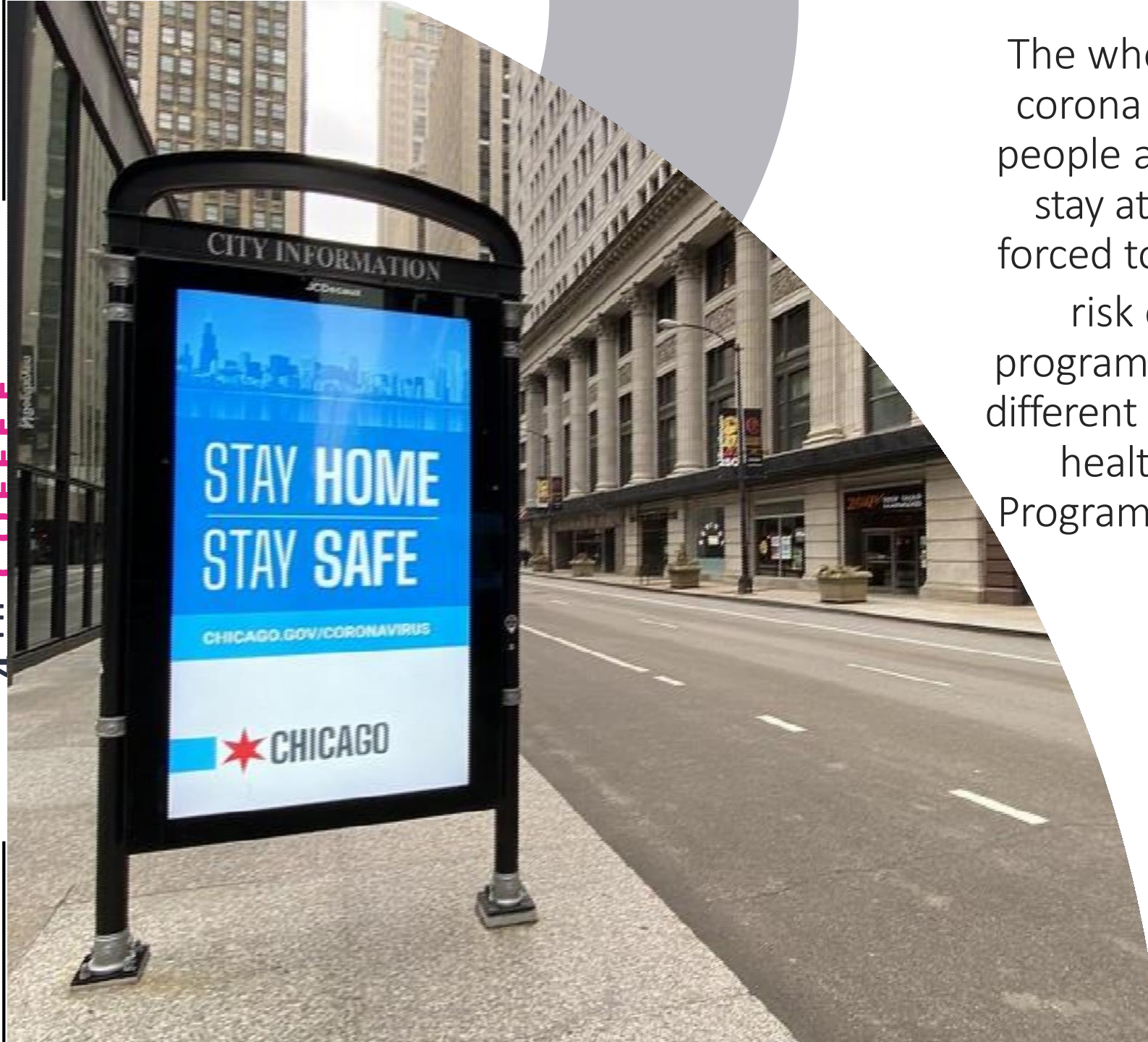




• Keep Fit During Lockdown

(Food habits and exercise)



The whole world is affected by the novel corona virus 2019. Due to COVID-19, the people are advised by the Government to stay at home. While the countries are forced to be at home to prevent from the risk of virus attack, the world food programme has asked the people to have different types of food to take care of their health. The advices of World Food Programme is given as we would see it in the upcoming slides.



Hydrate

The body is made of about 75% water. The usual recommendation is eight glasses per day of fluid. For flavor and additional nutrients ,add slices of cucumber and lemon or orange to the humble glass of water .Avoid sweetened beverages like soda and soft drinks.

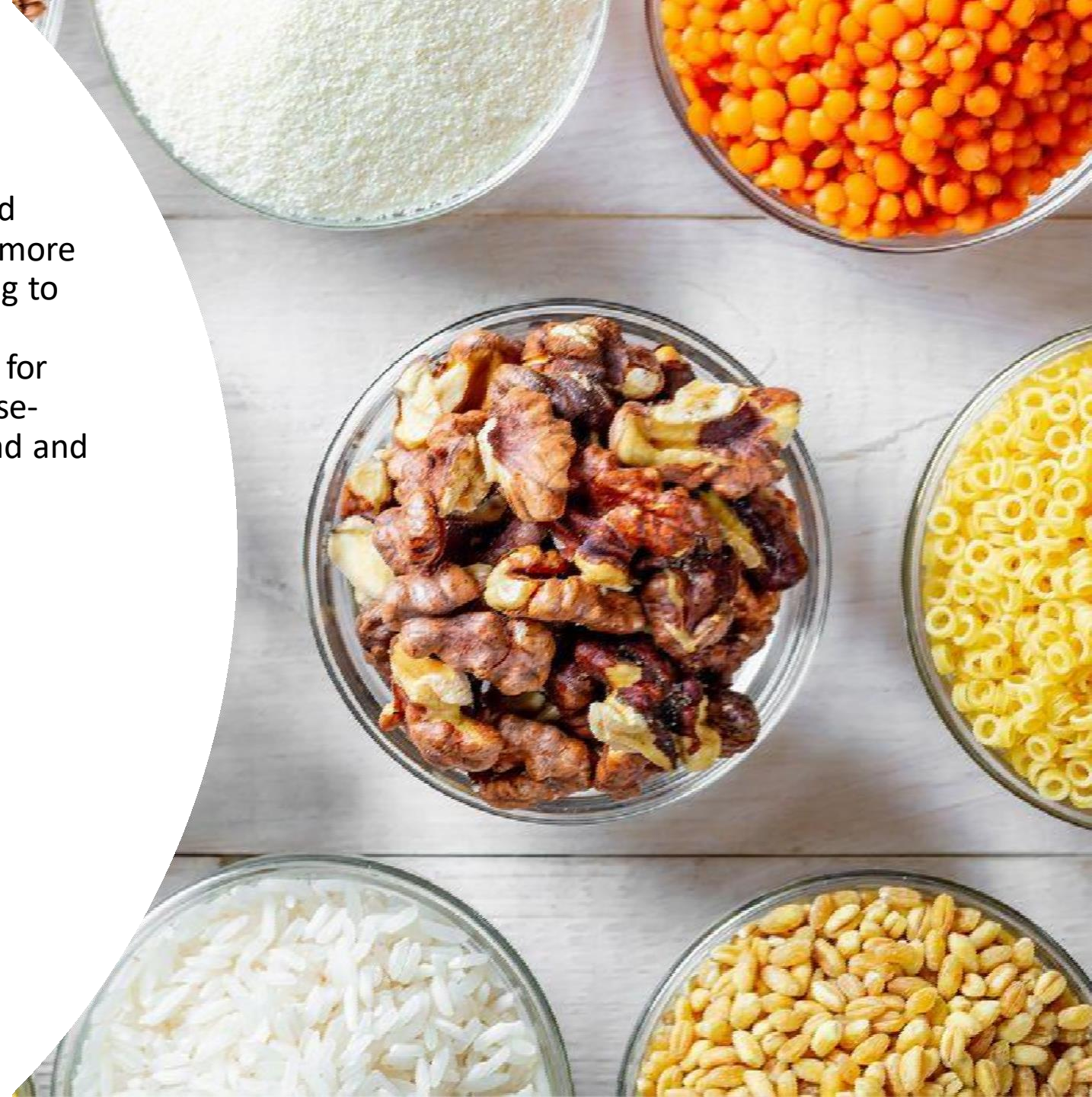


Go foods

Choose things like whole grain bread and mixed-grain rice ,which release energy more slowly fuelling you for longer and helping to maintain your weight. These foods are essential for energy ,which is important for thinking ,working and fending off disease- think of staples such as rice, pasta , bread and root crops .

GROW foods

Grow foods rebuild your body when one is unwell or you have an infection. They are often required in small amounts, but are essential to be consumed daily. These include meat,fish,eggs,milk and other dairy products such as cheese and yoghurt. Plant based sources of protein such as beans which is rich in vitamin. These help physical growth ,especially for children .

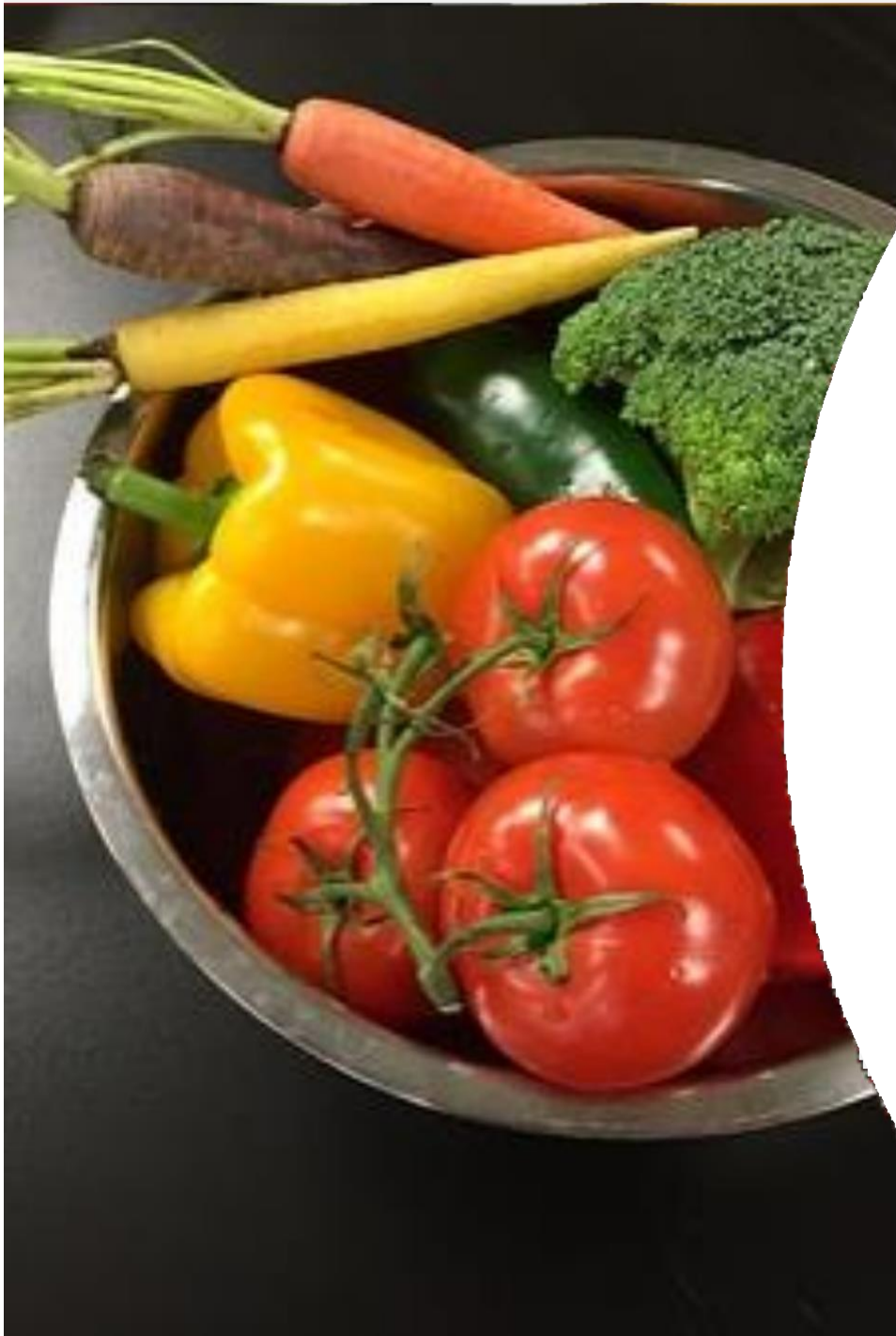


Glow foods

These make sure that the body works well, help to protect the body from diseases and fight off illness.


Build a colorful plate with:

- **Green fruits and vegetables** such as broccoli, spinach, cabbage, lettuce, beans, cucumber, peas, green pepper, grapes, lime, avocado, guava.
- **Orange and yellow fruits and vegetables** such as carrot, pumpkin, sweet corn, sweet potato, yellow pepper, orange, pineapple, mangoes, pears, papaya.
- **Red fruits and vegetables** such as tomatoes, radishes, red cabbages, water melon, pomegranates, apple.





Fortified foods and Supplements

- Depending upon your situation, fortified foods and supplements may be required where diets are poor quality of vitamin D and Which require to maintain adequate blood level of vitamin D necessary to prevent from flu, Pneumonia ,Corona. Vitamin B and C are headed to boost our immune system. Vitamin D is used by every cell because it is the key that is opening the DNA library each time a function runs.
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Exercise

Don't forget also to squeeze in some physical activity .WHO recommends 30 minutes for adults and one hour a day for children .Also by keeping a safe distance from others while walking outside the house. If can't leave the house , find an exercise video online, dance to music, do some yoga or walk up and down on the stairs.

No foods-what to avoid

Foods that are high in fat , sugar and salt(heavily processed foods) are not considered part of a healthy diet. It is particularly important at this moment to avoid these foods as they do not provide any nutritional benefit.





Moderation

Have moderation in eating ,eat as much as is needed in particular time. Do not over eat. Always leave some empty space in the stomach to regulate the process of digestion. Eat whatever is good for your health. If ice-cream or cake will lead you to sugar complaint, avoid it.Learn to chew whatever you consume. Avoid gulping food for the joy of eating.

A top-down view of various fitness and health-related items arranged on a light blue and white background. The items include two pink dumbbells, two yellow bananas, a single yellow apple, a clear plastic water bottle with a blue cap, a yellow measuring tape, a sandwich with lettuce, tomato, and cheese on a glass plate, a silver and blue alarm clock, two yellow lemons, a brown kiwi, and a pair of blue and white sneakers. A central purple circle contains the text.

If you do all
the small
things right,
**Big things
happen!**

THANK YOU



STAY HOME
STAY SAFE



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