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Can Your Diet Help Protect You From COVID-19? Yes!

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Can Your Diet Help Protect You From COVID-19? Yes!

In addition to wearing a mask and washing your hands, a balanced diet can help protect you from COVID-19!



1 Vitamins Strengthen the Immune System

- It has been well known for many years that vitamins play an important role in our immune systems.
- Recent studies have shown that this is true for our susceptibility to COVID-19, too.
- Vitamin deficiencies are common in elderly populations. This is dangerous, as deficiencies in Vitamin D, C, B12, and Iron have been linked to both increased COVID-19 infection and mortality.
- A study at Northwestern University found that patients with Vitamin D deficiency were two times more likely to experience severe complications from COVID-19.

“Vitamin D will not prevent a patient from contracting the virus, but it may reduce complications and prevent death in those who are infected.”
Nadim Badierian

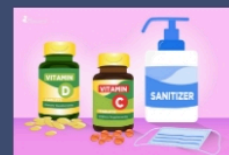
2 Malnutrition and Dietary Factors



- Since the COVID-19 pandemic began, diets worldwide have become more limited and less nutritious, as people report eating more junk food than normal.
- Low nutrient, high fat diets have been associated with increased COVID-19 infection.
- A study in China found that people who consumed a diverse diet, rich in antioxidants and low in fat, had a lower COVID-19 infection and mortality rate.
- Antioxidant foods, such as broccoli, have been found to decrease the level of ACE, a protein that plays a key role in COVID-19 entering your cells.

3 What can you do to improve your diet?

- Avoid processed foods!
- Eat 2 cups of fruit and 2.5 cups of vegetables each day.
- Try to limit yourself to eating red meat only 2 times per week.
- Talk to your doctor about starting a Vitamin D, C, B12, and Iron supplement.



Where to get fresh produce in Detroit:

- Eastern Market
- Many Detroit restaurants and bakeries, such as Sister Pie, are selling produce and pantry items to help people avoid grocery stores. Some offer senior discounts!