عنوان مقاله:

Food and Nutrition in Relation to the Prevention and Treatment of COVID-19: A Review

محل انتشار:

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خلاصه مقاله:

Due to the lack of definitive treatment for COVID-19 so far, there is an urgent need to find alternative methods to control the spread of the disease. This study aimed to review available information on food and nutrition in relation to the prevention and treatment of COVID-19 from various sources. The studies showed that feeding during an illness is different from feeding at normal times. During an illness, in addition to meeting daily needs, attention should be paid to the changes caused by the disease in the body. These changes include loss of appetite, decreased sense of smell and taste, inability to chew and swallow, weakness, reluctance to eat certain foods, and other changes depending on the severity and duration of the illness. Therefore, in patients' nutrition, the patient's condition should be examined and their diet should be prepared according to their condition. Both in normal and emergency situations, it is necessary to observe balance and variety in the consumption of all foods. There was no information available on the association between diet and COVID-19.The best diet recommended for patients with COVID-19 is a soft, high-protein, high-calorie diet. It is recommended to use water, juices, teas, and soups at the beginning of the symptoms. Getting all the necessary vitamins helps increase the level of immunity and fight disease and recovery through its food sources, and food sources containing vitamins and minerals have no precedence over each other. Nevertheless, given the lack of randomized controlled clinical trials of any treatment against COVID-19, medical providers have to utilize therapeutic approaches based on past, often outdated, research.