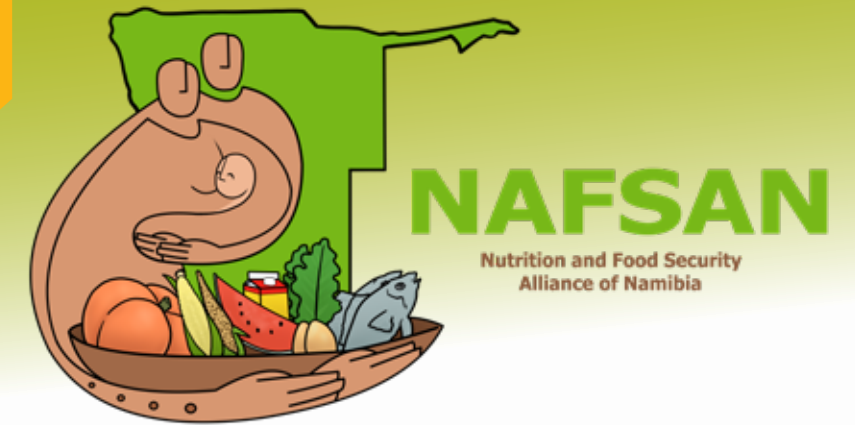


Nutrition and Food Safety during Covid-19 outbreak

English

MAY 2020



Healthy diet helps prevent disease

Eat 3 meals a day
Eat a variety of foods
Eat vegetables and fruit every day
Eat beans or meat regularly
Eat more fish
Use whole-grain products (mahangu, maize, oats and brown bread) and foods that have vitamins and minerals added
A healthy diet helps prevent disease and supports your mental health



Eating when you are sick

During illness consume more food and water to get better

After illness, babies and children need an extra meal every day to help regain weight



Drinking

Drink water regularly
Avoid drinking sugary drinks
Avoid drinking alcohol (helps protect you from disease)



Breastfeeding

Covid-19 is not transmitted through breast milk

Mothers should continue breastfeeding as long as they can, ideally 2 years and beyond

Mothers who have Covid-19 should continue to breastfeed and take prevention measures (wear a mask and wash hands)



Food safety and security

Follow good food safety practices, like washing your hands with water and soap before eating

Care for those who do not have enough food, and support them

