

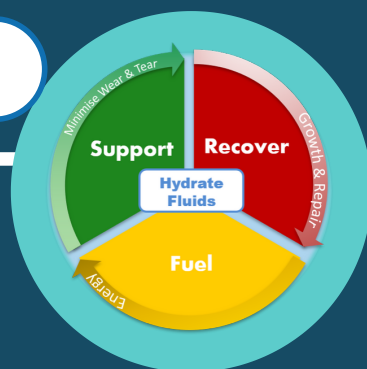
# USING NUTRITION TO MAINTAIN IMMUNITY

#THRIVINGTHROUGHCOVID



There is a lot of confusing misinformation circulating about how you can protect yourself from Covid-19. Here are some evidence based tips.

1



Remember the performance meal wheel! Try to include support, recover and fuel foods on each plate.

3



Keep taking your vitamin D supplement. Vitamin D comes from sunlight exposure, and without this our immune system isn't as strong. Whilst social distancing continue supplementing.

2



Eat a rainbow. Make each plate as colourful as possible to ensure you get all the vitamins and minerals you need to support your immune system. Frozen/tinned fruit/veg is just as nutritious as fresh.

4



Wash your hands regularly for at least 20 seconds. Remember in between your fingers and backs of your hands. This is especially important before you eat.

5



Plan your mealtimes and snacks into your daily structure. This will help you keep on track with macronutrient intake and prevent boredom eating.

7



The usual rules apply for medications too, check everything through global DRO to make sure you are within the rules.

6



It can be tempting to take new supplements like extra vitamins to help with the Covid-19 outbreak. However, remember that every supplement presents an anti-doping risk and may be unnecessary.

