

Supplementary material

WHO Nutritional Recommendations During the COVID-19 Pandemic

1. CHOOSE FRESH AND UNREFINED FOODS DAILY

- Eat a varied, balanced diet
- Eat fresh fruits, vegetables, legumes, nuts, unrefined wholegrains
- Eat low fat meat, poultry, fish, eggs and dairy products
- Eat daily: 4 servings of fruit (2 cups), 5 servings of vegetables (2.5 cups), 180g of grains, 160 g meat (red meat 1-2 times weekly poultry 2-3 times weekly)
- Snacks: Choose raw vegetables and fresh fruit
- When consuming canned or dried vegetables and fruit, prefer unsalted and sugarless varieties

2. HYDRATE WITH WATER

- Consume 8-10 cups of water daily
- *Alternatively, fruit and vegetable juices diluted with water.
- *Avoid sugar-sweetened fruit juices, cordials, and soft drinks.

3. CONSUME MODERATE AMOUNTS OF FAT AND OILS

- Prefer good healthy unsaturated fats (present in fatty fish, avocado, nuts, olive oil, soy, Canola, sunflower and corn oils) instead of saturated fats (fatty meats, bacon, butter, coconut oil, cream, cheese, ghee and lard)
- Prefer white meats (for example poultry) and fish which are low in fat instead of red meat
- Limit processed meats which are high in saturated and trans fats and salt (e.g processed ham, bacon, sausages)
- Prefer low-fat dairy or reduce-fat dairy products (milk and cheese)
- Avoid fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads

4. EAT LESS SALT AND SUGAR

- Limit the amount of salt and high-sodium sauces (e.g soy sauce)
- Limit daily salt intake to < 5 g (1 teaspoon/day)
- Prefer iodized salt
- Avoid foods and snacks with a high salt and sugar content
- Limit intake of sugar-sweetened beverages (soft drinks, fruit juices, syrups, cordials, flavoured milk and yogurt drinks)
- Prefer fresh fruits than sweet snacks (cookies, cakes and chocolate)

5. AVOID EATING OUT REGULARLY

- Eat meals at home to reduce social contact and exposure to COVID-19 in crowded social areas such as restaurants and cafes.
- Maintain social distancing (in particular, 1 meter distance if someone is coughing or sneezing).