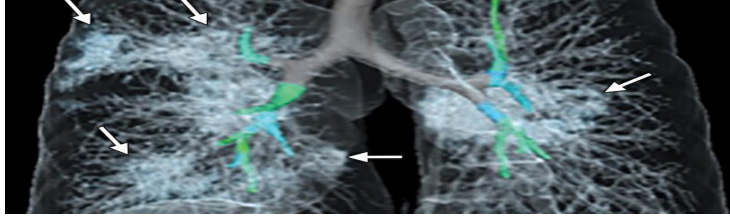


# Healthy foods to raise immunity against COVID- 19



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**The Manager of WHO (Tedros Adhanon) confirmed a healthy diet for immune system for COVID-19**

**Healthy Foods:**

According to the Harvard diet, and F.A.O healthy foods strengthening the body's immune system, and activating the function of white blood cells that fight infection, and thus protect against viruses, especially the COVID-19, which has become the focus of the world now, and among the most of these foods are fruits, vegetables , red pepper and others.



Fruits and vegetables as general contain vitamin C, which helps to boost the immune system, which work to combat diseases and infections, and the body cannot produce vitamin C automatically, so care must be taken to eat healthy foods that contain it, such as: orange, lemon and others. (The World Health Organization has approved).



Red pepper contains twice as much acidic fruits as vitamin C, as it is a rich source of beta-carotene, in addition to strengthening the immune system to fight diseases that can affect the body, especially diseases that spread in the winter, due to the activity of bacteria and viruses.



Broccoli contains vitamins and minerals, the most vitamins are vitamins A, C and E, in addition to high levels of antioxidants and other fibers, and broccoli is one of the healthiest vegetables in the body, and can be eaten in many ways, and broccoli contributes to raising the body's immune system to fight diseases especially cancer and viruses.



According to American National Center for Complementary healthy food ,Garlic contributes to raising the body's immunity to reduce the incidence of various diseases, and as a complementary health acknowledged that it can help reduce blood pressure, slow arteriosclerosis, and cause enhanced body immunity because it contains concentrated amounts of sulfur-containing compounds, Like allicin.



Ginger زنجبيل helps reduce inflammation and inflammatory diseases associated with some diseases, in addition to that it helps raise the immune system in the body, and makes them resist diseases, and ginger helps reduce nausea, in addition to helping it reduce chronic pain, and contains properties to reduce harmful cholesterol from the body reduce heart disease.



Spinach is a vegetable full of vitamin C, in addition to containing many antioxidants and beta-carotene, which increases the ability of the immune system to fight infections and viruses , and it is best taken naturally to protect the body.



Yogurt contains vitamin D, which helps raise the body's immune system, boosts its natural defenses against diseases, and white honey can be added to it to obtain the greatest possible benefits to boost immunity, especially when catching colds, influenza and other viruses that have emerged recently.

اللبن Yogurt



Turmeric) كركم )is used as an anti-inflammatory, as it contributes to the treatment of arthritis and rheumatoid arthritis, and turmeric contains مادة الكركمين (curcumin) that helps reduce disease, and also works to strengthen the immune system.



Turmeric (كركم)



Tea of all kinds, whether green or black alike, contains flavonoids, a type of antioxidant, and they contribute to raising the immune system so that the body can fight diseases, especially viruses.



Kiwi contains many essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C is known to contribute to raising the immune system, increasing activation of white blood cells to fight infection, and making the body able to fight viruses.



Dietician (Razan) shows that the digestive system represents 60% of the defense plan in the body, and plays a role in fighting diseases. She pointed out that the weakening of the body's immunity makes it unable to resist diseases. Research indicates that eating bad food affects the immune system and makes it easily infected with any viruses or bacteria or diseases . Digestive juices in the stomach, such as (HCL, Pepsinogen, and Rennin) killing most of bacteria or viruses that enter with food into the stomach.



Dietician (Razan) mentioned that on the most important foods that strengthen the body's immune system to combat the COVID-19 and other diseases, are eating foods rich in protein and amino acids such as: milk, chicken, fish meat, beans, and cheese.



Vitamin "C" is one of the most important vitamins that strengthens the immune system and speeds up wound healing, which is found in peppers and citrus الحمضيات, fruits, and fiber, in addition to containing vitamins. We should be aware that anti-oxidants contribute to raising the body's immunity, as all oxidation processes in the body lead to infections and problems in the body. Among the antioxidants, dietitians include vitamin A found in carrots جزر,, and vitamin E found in nuts المكسرات، seeds, olive oil, and vegetable oil , vitamin K protects body against clots and is found in broccoli, and green leaf .



Some of the wrong habits that harm the body's immunity are smoking and water pipe smoking especially they are sharing the same pipe , excessive medication, and a lack of attention to a healthy balanced diet. Garlic contributes to raising the body's immunity to reduce the incidence of various diseases, bacteria and viruses and other health benefits for body according to the American National Center for Complementary food, it contains amounts of sulfur , allicin and others.



Ginger reduce harmful cholesterol in the body, and Turmeric **كركم** is an anti-inflammatory, and contributes to the treatment of arthritis and rheumatoid arthritis. Turmeric contains curcumin that helps reduce disease and works to strengthen the immune system."



According to F.A.O(Food Agriculture Organization) tea of various kinds, green or black alike, contains flavonoids, a type of antioxidant, which contributes to raising the immune system so that the body can resist diseases and viruses , especially in the winter seasons. "Kiwi contains many essential nutrients, including folate, potassium, vitamin K, and vitamin C. Vitamin C is known to contribute to raising the immune system, Activating white blood cells to fight infection, and making the body able to fight



According to the Harvard diet, and FAO(Food and Agriculture organization) it is recommended to eat a protein of (fish meat, eggs, cheese and legumes بقوليات ), and eat good amounts of vegetables while giving preference to fresh foods. The nutritionist(Carla) also presented a set of basic nutrition rules under **quarantine**, the first of which is the necessity of awareness of the correct nutritional behaviors that must be followed:



legumes

Eating healthy foods that containing Vitamins as (A,B,C,D,) and polyfenolit that mostly containing in vegetables and fruits. Eating fish meat that containing omiga3 is also necessary.



**Zinc:** According to (F.A.O) Zinc is one of the basic elements that are important for human health. Organize the work of insulin, for immunity system ,improve sense smell and taste, active role during pregnancy and lactation, and during childhood it contributes to the proper growth, [2] Zinc is not stored inside the human body, so it must be obtained enough of it through daily diet, as can be consumed as a complimentary foods .The following healthy foods containing zinc:1- Legumes2 بقوليات- Seeds3 بذور Nuts 4 مكسرات- Milk Products 5- Eggs 6- Ginger 7 زنجبيل-Turmeric8 كركم- Black Seed 9 حبة السوداء Hill 10 هيل- Sea Food & Others



Vitamin D is a fat-soluble nutrient that promotes bone health, and helps maintain a strong immune system. If you are complaining to bone pain, general weakness, your doctor may ask you to increase is the amount of vitamin D you take to be able to decrease these symptoms. The percentage of Americans exposed to a slow decline in vitamin D levels is about 25 percent, while the percentage of those who are exposed to a complete deficiency of vitamin D is about 8 percent, according to what was released in research issued by the **CDC (Centers for Disease Control and Prevention in 2011)**. You can get the recommended dose of Vitamin D of 600 international units (IU) by eating some foods rich with it and being exposed to sunlight.



If these methods are not enough, then you should resort to supplements. We mention to you below some of the sources that can help you get the required amount of Vitamin D to maintain your health, especially in the winter, as the main source of Vitamin D is absent from the sun.

1- Cow's milk and its derivatives 2- Lemon juice 3- Cereals حبوب  
4- Mushrooms 5 فطر- Egg yolk 6 صفار البيض- Salmon and sardines fish 7- Fish oil and sunlight.



**Unhealthy foods:**

There are many foods that are considered unhealthy and that carry the risk of obesity , the incidence of diseases and decrease the immunity related to it, and when trying to lose weight, have to reduce these foods as much as possible, and the best option to leave them completely and not refer to them is ideal for achieving the desired weight, of course in addition to doing exercises, exercising in a calculated way to lose weight in an optimal way. Most of the unhealthy foods that an each person should avoid is as followings:

1-Sweetened drinks: including handmade sweetened drinks. Most types of pizza, one of the most popular foods in modern times, contains very large calories.2-White bread, especially processed in a way that increases the amount of calories in it. Industrial vegetable oils, which contain high amounts of omega-6, which is associated with many diseases. Industrial oil . Pastries معجنات , cakes , potatoes when they are fried, they lead to the storage of many unhealthy substances that gain weight as Free fast food .



Unhealthy and treated or processed grains. Candies حلويات sold to children. Processed meats, which carry a risk of colon cancer, type II diabetes and heart disease, and treated cheese. Most types of fast food, as these meals are often prepared in an unethical methods. High-calorie coffee, Neskafty , such as those added to much sugar, all foods high in sugar or treated vegetable oils, whether from vegetables or legumes بقوليات . Most heavily processed foods as general and foods high in salt .



# RULES FOR A HEALTHY LIVING

Less Soda, More Water

Less Alcohol, More Tea

Less Sugar, More Fruits

Less Meat, More Vegetables

Less Driving, More Walking

Less Worry, More Sleep

Less Anger, More Laughter

Less Words, More Action





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