



# NUTRITION FOR COVID-19 PATIENTS

Malnutrition is common in patients with COVID-19, even those who are obese



Nutrition screening is important for timely intervention

## Strategies for COVID-19 patients to eat well:

- Take small, frequent and nourishing meals and fluids throughout the day
- Offer familiar and stronger tasting foods and beverages, especially if patient is experiencing taste and smell changes
- Provide a calm eating environment to help patient eat mindfully and regain their appetite



## Maintain good health and immunity:

Include a wide variety of food, with a range of wholegrain products and adequate fruits and vegetables daily

Wholegrains

