

During the COVID-19 endemic, lockdown of athletes at home can affect their health and fitness level without appropriate nutrition and exercise regime. At this time it's best to follow simple diet and indoor exercise related guidelines which are easy to adhere and will allow maintaining health and fitness.

Nutrition and Health guidelines for athletes

BOOST YOUR IMMUNITY

The viral infections affect a person more with low immunity. Here are few food which will help you to improve your immunity and stay healthy.

- Include fresh fruits (especially red, yellow & orange)- Papaya, orange, Kenu, watermelon, kiwi, apple, pineapple, etc or what all are readily available in the market.
- Include vegetables (especially red, yellow & green) in your meals.
- Have a cup of green tea/tea every day.
- Use turmeric, cumin, oregano, ginger, clove, garlic, tulsi, and cinnamon to spice up the flavor and antioxidant and immune boosting content of your meals.
- Snack on nuts, seeds, especially almond, walnuts, sunflower seeds, flaxseeds, and other dried fruits, but choose those with no added sugar or salt.
- Curd/lassi have "live and active healthy bacteria". These bacteria can stimulate your immune system to help fight diseases. Eat curd or drink chas/lassi without any sugar added in it.
- Immunity Booster Drink

500 ml water

Cloves- 3 to 4 no.

Pepper- 5 to 6 no.

Cinnamon- ½ tsp

Turmeric- ½ tsp

Ginger- 1-inch ginger piece

Honey- as per taste

Boil it all together until it become half in volume. Serve hot.



FOOD SAFETY MEASURES

- Wash your hands before and after handling raw and cooked food as per hand washing guidelines.
- Veg. and non- veg items should be stored separately.
- Chicken and meat products can be consumed safely if these are cooked thoroughly and properly handled during food preparation.
- Thoroughly wash all the fruits and vegetables before eating or before cooking with warm water.
- Avoid eating restaurant food in dining or delivered at home.
- If you are using milk packets, wash the packets thoroughly before storing it in refrigerator.
- Storage of food should be below 5 degree Celsius.
- Open food packets should be tied and stored properly.
- Food should be stored in closed container in kitchen and in refrigerator also.
- Cooked food is not consumable if they are stored more than 36 hours in refrigerator.
- The cooking temperature for every food should be maintained to 75 degree Celsius or more for at least 15 minutes
- Food should not be reheated more than once to avoid food poisoning.
- Use packed food items before its expiry date.

WATCH OUT YOUR WEIGHT

Relaxing at home after a long hostel life can be very overwhelming for you and your family. Eating a rich variety of Indian styled food/ packed/ processed food can have a negative impact on your weight and body composition. Therefore you should:

- Record your weight on regular interval, if possible.
- Control the portion size of your meal.
- Eat frequent meals and snacks to help control hunger and to avoid over eating later.
- Don't skip meals.
- Use less amount of oil/ghee in food preparations.
- Include more pulses and legumes (Moong, masoor, urad, arhar, rajmah, chole, black chana) as they are rich source of protein and fibre. Pulse sprouts can also be incorporated in diet. For non- vegetarians, incorporate chicken/fish (Grilled, roasted, baked or prepared in less oil) or egg atleast in one meal.
- Choose whole grains cereals like whole wheat atta, Multi grain atta, Dalia, Oats, Corn, Bajra, Jowar etc. Cut back on Refined flours and its products like white bread, noodles, macaroni, pastas etc.
- Use low-fat dairy products like double toned milk/ milk with cream removed, low fat paneer, curd, buttermilk. Avoid cream, condensed milk, whole milk, sweets.
- Eat atleast 500 serving of fruits and vegetables each daily. They are packed with fiber, vitamins and antioxidant. They are naturally low in fat and calories.

WHAT TO AVOID

- Outside cooked food
- Namkeen, chips, Noodles etc.
- Biscuits, chocolates, pastries, cakes
- Home fried food like samosa, pakode, kachori, instant food, Pickles etc.
- Packed juices, squash, cold drinks, alcoholic beverages
- Halwa, other sweets, jellies

MANAGE YOUR LIFE STYLE

- Stay positive.
- Exercise is also an immune booster. To reap maximum benefits, try to be moderately physically active for at least 30 minutes on most days of the week. To stay at home try to go for Pranayam & Yogas.
- Develop hobbies.
- Reduce time spent watching television and in other sedentary behaviors.
- Take adequate sleep (6-8 hrs/day)

WATER IS YOUR BEST FRIEND

Water is of the utmost importance, to fight against the disease and remove toxins.

- **Don't wait until you're thirsty.** Try to sip something regularly throughout the day or, at least, drink a glass of water before and in between meals(not with meals)
- Take at least 2-3 liters (10-12 glasses) of water per day in the form of plain water, fresh fruit juices, coconut water, soups, lemon water, etc.
- Drink water before, during, and after a workout (if you are doing).
- If you have trouble remembering to drink water, drink on a schedule or drink a small glass of water at the beginning of each hour.



Meanwhile enhance your knowledge on sports nutrition

- <https://www.eatright.org/fitness>
- <https://www.nutrition.gov/topics/basic-nutrition/eating-exercise-and-sports>
- <https://ais.gov.au/nutrition>
- <https://www.nsfport.com/>