

How Can HILS Help?

Nutrition Advice for Coronavirus (COVID-19)

During this time of social distancing and self-isolating it is important to make sure you continue to eat and drink well even if you have a poor appetite. Our Nutrition and Wellbeing Team have put together some top tips about nutrition and hydration for those who are self-isolating.

Despite what you might hear or read in the media sometimes, there are no single foods that can 'boost' your immune system to prevent you getting Coronavirus (COVID-19). Avoid any supplements labelled immune boosting or Coronavirus protecting.

The very best way to protect you and your family during this time is to stay at home, eat well, and keep washing your hands regularly.

1. Follow a healthy diet. Try to follow a routine that includes 3 regular meals and a couple of snacks a day.
2. Adequate protein is important for protecting muscles, including the lung muscles used for breathing. Protein foods include meat, fish, eggs, nuts, beans, pulses, dairy foods or dairy alternatives like soya milk. Aim for 2-3 portions.
3. Stay hydrated. It is recommended to have 6-8 mugs or large glasses of fluid a day. You may need more if you have an infection. Fluids don't just mean water, tea and coffee are hydrating or try your favourite flavour of squash or fruit juice. Milky drink like Horlicks or Ovaltine will give you both protein and fluids.
4. You usually get Vitamin D from the sun, but for those over 65 with little or no sun exposure it is recommended you have a 10 microgram vitamin D supplement per day. Available from pharmacies and supermarkets.



A poor appetite and unintentional weight loss can increase your risk of malnutrition. Malnutrition can increase your risk of infection and slow down your recovery time from illness.

If you think you are at risk of malnutrition try the following:

- Choose the higher energy options from your meals on wheels menu 🌟
- Eat little and often, include a variety of foods and small snacks. Try cheese and crackers, thick and creamy yoghurts, a pot of rice pudding or custard
- Add ground almonds to puddings, breakfast cereals or porridge
- Add sugar or honey to porridge or to glaze vegetables
- Avoid low fat options

Enjoy a glass of enriched milk. This can be made by adding 4 tablespoons of dried skimmed milk powder to one pint of full fat milk. You can use this in drinks, like tea or coffee, on cereal or add your own flavours to make a nourishing milkshake drink.

If you are concerned you may be at risk of malnutrition, call us on the number below.

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