



What Can You Eat at Home After Being in the Hospital with COVID-19?



What happened when you were in the hospital with Covid-19?

COVID-19 is a new infection that affects the lungs and can make you sick. Some patients, like you or your loved ones, may have been in the hospital to manage the symptoms of the illness such as fever, cough, shortness of breath, fatigue, pain, nausea and loss of appetite.

The health care team, consisting of physicians, nurses, respiratory therapy dietitians, and other professionals worked together to provide you or your loved one's care.

How were you fed when you were in the hospital?

To fight this infection, you may have been able to eat the food provided, which may have been fortified with extra calories and protein.

You may also have been fed into the stomach with a tube that was put into your nose or mouth, or you received nutrition through a vein.



What should you eat and drink when you get home?

At home, you may feel too weak or tired to eat, and notice you have lost weight. You also might be eating and drinking less than before you got sick. This is completely normal; however, you need to prevent further weight loss to rebuild your strength. Here are some tips to rebuild your strength, grow your muscles, and get you back to your usual daily activities:

What if you are having problems eating at home?

Poor Appetite, Fatigue, or Feeling Full Quickly



- Eat small frequent meals 4-6 times per day or eat every couple of hours
- Eat foods high in protein first at meal times
- Eat high calorie and protein foods such as cheese, high fat and Greek yogurts, peanut butter, or cream soups with whole milk
- Add gravies and sauces to meat, poultry, and side dishes
- Drink milkshakes or meal replacements/protein drinks between meals
- Consider a multivitamin supplement if you are not eating enough (50% or less)

Taste Changes



- Eat foods that are bland to start and then add flavour
- Try colder foods to start since hot foods can have a strong taste
- Add sugar, salt, seasonings to flavour food
- Use sour candies, mints or gum before and after meals if your mouth is dry
- Brush teeth regularly

Nutrition is a very important part of recovery from COVID-19.

Some people with COVID-19 lose weight and muscle which can make it harder to get well and be able to do your routine activities.

If you cannot maintain your weight by eating food; you may need a nutrition supplement drink or pudding. They can add calories, protein and vitamins and minerals when you cannot meet your needs with food.

Have some supplement drinks as a snack or at the end of a meal so they don't decrease the amount of food you eat at meals. Or take small amounts (1/4 cup or 60 mL) 3-5 times per day. Take after each meal or with medications/between meals.

Drink 8-10 glass of water per day.

PLEASE CONSULT WITH YOUR DOCTOR BEFORE FOLLOWING THE DIET PLAN



COVID 19 - NUTRITION FOR RECOVERY

By Guru Mann



	MON / THUR	TUES / FRI / SUN	WED / SAT
UPON WALKING UP 8AM	TEA OR MILK	FRUIT JUICE	LEMON WATER
BREAKFAST 8:30AM	<ul style="list-style-type: none"> - 1 BOILED EGG - 1 SLICE WHEAT BREAD - 1SP PEANUT BUTTER 	WHOLE GRAIN CEREALS WITH MILK	<ul style="list-style-type: none"> - MILK SHAKE (MILK+BANANA+PEANUT BUTTER)
SNACK 11AM	MIXED FRUIT BOWL <small>Copyright © Guru Mann Fitness</small>	PLAIN YOGURT OR RAITA	<ul style="list-style-type: none"> - MIXED NUTS (WALNUTS/PEANUTS/RAISINS)
LUNCH 2PM	RICE WITH CHICKEN OR RICE WITH BEANS	ROTI WITH CHANNE	<ul style="list-style-type: none"> - ROTI WITH ANY SABJI (SABJI: GREEN PEPPER OR PEAS OR SPINACH OR CAULIFLOWER OR OKRA OR GREEN BEANS)
SNACK 5PM	ALMONDS & MILK	<ul style="list-style-type: none"> - SMOOTHIE OR - WARM MILK WITH BOURNVITA/BOOST/PROTINEX 	<ul style="list-style-type: none"> - 2 BOILED EGGS - 1 PEAR OR APPLE OR ORANGE
DINNER 8PM	<ul style="list-style-type: none"> - ROTI WITH DAL OR EGG BHURJI - 1/2 CUCUMBER 	<ul style="list-style-type: none"> - ROTI WITH PANEER BHURJI - 1 CARROT 	<ul style="list-style-type: none"> - VEGGIE SANDWICH (BROWN BREAD+PANEER+TOMATO+ONION+CABBAGE+KETCHUP) - SOUP (CHICKEN SOUP OR TOMATO OR VEGETABLE SOUP)

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