



Nutrition for Patients with COVID-19 in **Hospital and at Home**

Nutrition and hydration play an important role in your body's response to and recovery from COVID-19 and are an essential part of your medical treatment.

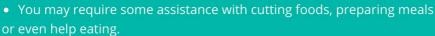








Managing Severe Fatigue and Breathlessness







• Take your time during meals.













- Try sharp or spicy foods as they have stronger flavours.
- Cold or room temperature food may taste better than hot.
- If foods taste metallic, try using plastic cutlery.
- Consider adding sugar to foods that seem too salty or
- Add spices, herbs or pepper to flavour plain foods.
- Continue to try various foods as your tastes may change often throughout recovery.





Snack ideas

Cheese with crackers, hummus with breadsticks, iceyogurt, mixed nuts, Bombay or trail mix, rice pudding pot, peanut butter with rice cakes,



our dietitian or can advise require these at home.

Managing a Loss of Appetite

- Eat more of the foods you enjoy these can make you

- Include nourishing drinks such as milk, milkshakes, hot



Minimising the Loss of Muscle and Strength

- sova beans and tofu.

Fortify milk with extra protein by adding skimmed milk powder (2-4tbsp to 1 pint) or buy Protein Milk.



Managing Swallowing Difficulties



Follow guidelines set by your Speech and Language Therapist.

- · Changing the consistency of fluids can make them safer to swallow.
- A modified textured diet may also be needed to ensure you are swallowing your food safely.
- Ensure you are sitting in an upright position, with all you need within reachable distance
- Special cups with handles or adapted cutlery may also assist when eating.





Managing Diarrhoea

- Avoid foods and drinks which may upset your gut fatty/ spicy foods and alcohol can make diarrhoea worse.
- If you have had vomiting or diarrhoea, an oral rehydration solution may help you rehydrate such as Dioralyte or homemade solution.
- Avoid foods and drinks that cause wind such as fizzy drinks, chewing gum and some vegetables (onions, cabbage, beans and peas).
- Avoid high fibre foods until symptoms settle choose white bread and baked products and remove peel/ skin from fruit and vegetables.

Homemade solution 3 1/2 cups water, 1 cup juice cranberry, orange, apple or grape}, 1/2 - 3/4 tsp salt











Managing Dehydration

- When ill with a fever our bodies lose water rapidly. We also lose extra water from our bodies if we have vomiting, diarrhoea or reduced fluid intake due to poor appetite.
- It is important to monitor regularly for signs of dehydration.
- Drink small amounts often, if you cannot manage large volumes at one time. Aim for a total of 6-8 cups a day (\sim 1.5 litres or \sim 2.5 pints).
- Keep a drink at your bedside to sip during the night.
- Make sure you are in an upright position to drink safely.
- Use a straw or a beaker with handles if you find it too tiring to coughing during meals or use a cup.
- Try to eat foods containing water such as fruit and vegetables, stew, soup, milk based puddings, jelly, ice cream or yogurt.

'Making the Most of Every Bite' Cookbook has been designed for patients who have been told by a healthcare professional that they should be eating a diet that is high in protein and

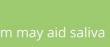
If you find yourself your voice sounds wet, Speech and Language

Available to download:

https://www.hse.ie/eng/services/list/ 2/primarycare/community-fundedschemes/nutrition-supports/making-the-most-of-every-bite-cookbook.pdf

Many tips and recipe ideas can be found inside.





Signs of Dehydration

feeling thirsty, lightheaded, dry mouth and lips, producing small coloured urine and