

What to do at home with COVID-19: Nutrition & Hydration

▶ Quick Facts

- ▶ 88% of patients infected with COVID-19 can manage their symptoms at home.
- ▶ Symptoms include; fever, cough, shortness of breath, fatigue, and loss of appetite. For more information, visit: www.cdc.gov or www.gwhospital.com.

▶ Stay hydrated and eat well!

- ▶ Remember, if you have a fever, you need more fluids and calories than normal.
- ▶ You may not feel hungry, but it is important to continue to eat so you don't lose your muscles.
- ▶ Even if you don't feel thirsty, remember to drink fluids so that you don't get dehydrated.

▶ Nutritional Needs with COVID-19

▶ Fluid:

- ▶ Drink 2-4 ounces of fluid every 15 minutes.
- ▶ Try sport drinks, juice, protein shakes, water, or ginger ale.

▶ Protein:

- ▶ Focus on intake of protein-rich foods such as peanut or other nut butters, milk, eggs, cheese, yogurt, chicken, fish, turkey, or protein shakes.

▶ Calories:

- ▶ Do not restrict calories at this time. No "dieting"!
- ▶ Increase intake of "good" fats such as those found in olive oil, avocados, and oils found in fish.

▶ What if you really don't want to eat?

- ▶ Try store-bought protein shakes (such as Ensure, Boost, or Premiere Protein) or make a homemade smoothie with protein powder, milk, and fruit.
 - ▶ Liquid calories are easier to consume and are digested faster so you won't feel full for too long.
- ▶ Try to eat small meals more often (i.e. 6 snacks per day).

Food is medicine when you are ill.



THE GEORGE WASHINGTON
UNIVERSITY HOSPITAL

DEFINING Medicine

Modified from the American Society for Parenteral and Enteral Nutrition,
www.nutritioncare.org.