



COVID -19 NUTRITION MESSAGE FROM DIETITIANS ASSOCIATION OF NIGERIA (DAN)

1. There is no diet that can prevent or cure COVID – 19 at present.
2. An adequate diet will help support the body's immune system.
3. An adequate diet is obtained from a combination of different foods from which we derive the nutrients that are required for the optimum functioning of the immune system.
4. No single food is adequate in all nutrients.
5. No diet, single food or supplement can boost your immunity.
6. No supplement is approved by Dietitians Association of Nigeria as well as other health professional associations to prevent or cure Covid-19.
7. Snack on fruits and vegetables especially coloured fruits in season.
8. Drink at least 3 liters of water daily (about 6 sachets of “pure water” per day). Do not wait till you are thirsty.
9. Do not engage in panic buying.Store essential and non-perishable food items.
10. Disinfect cooking area surfaces, clean and cook food properly. Separate cutting boards for raw and cooked foods.
11. Sanitize and wash your hands regularly, sneeze or cough into your elbow, maintain social distance and stay at home.
12. Consult a Registered Dietitian-Nutritionist (RDN) for expert dietary advice.
13. Get medical information from authorized channels only via the Nigeria Center for Disease Control (NCDC), Ministry of Health (MOH).
14. Get dietary advice and information from the Dietitians Association of Nigeria (DAN).

DO NOT BE SCAMMED: ADEQUATE NUTRITION IS KEY!!!

For Details, Contact any of the following:

Website: www.jdan.org.ng

Email: contactDAN@jdan.org.ng

Hotline: +234-9047550769

Facebook: Dietitians Association of Nigeria