Nutrition practices during COVID

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COVID-19 and Pregnancy

• Pregnant women at higher risk for COVID-19 compared to general population: *No evidence at present*

• Precautions for prevention of COVID-19 to be ensured and reporting symptoms (fever, cough, difficulty breathing etc.) to health care provider

• Nutrition recommendations for pregnant women remain unchanged even during COVID-19
Nutrition recommendations in pregnancy

• Eat at least three main meals, with one nutritious snack (in first trimester) and two nutritious snacks in the second and third trimester
• Each meal must comprise one item from energy giving, body building and protective foods
• Continue daily dose of micronutrient supplements (iron and calcium)
• Check status and seek appropriate advice for low/high gestational weight gain and severe anemia during antenatal visit
• Staying hydrated (8-10 glasses of water and fluids daily)
• Take rest for 2 hours in the day and sleep for 8 hours at night
• Do at least 20-25 minutes of physical activity everyday
• Intake of caffeine, alcohol, tobacco and other addictive substances should be restricted. They are harmful for the baby and also negatively influence immunity
Fear and anxiety in pregnancy – Role of nutrition

- Pregnancy: state of physiological and psychological stress
- Fear and anxiety caused: Body’s state and COVID-19 outbreak
- Some nutrients to be consumed: fetal brain development, optimal levels of neurotransmitters (role in mood, anxiety and sleep, energy levels and appetite)

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Food items</th>
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<tbody>
<tr>
<td>Omega 3 fatty acids</td>
<td>Fish or marine sources, flaxseeds, walnuts</td>
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<tr>
<td>Folic acid</td>
<td>Fish, rajma, soyabean, spinach, field beans, mustard leaves, beetroot and mango ripe</td>
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<tr>
<td>Vitamin B12</td>
<td>Milk, egg, chicken, salmon</td>
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<tr>
<td>Vitamin B6</td>
<td>Rohu fish, sunflower seeds, drumstick leaves, walnut, black gram whole, banana, lentil whole, French beans</td>
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COVID-19 and IYCF

CONTINUE BREASTFEEDING DURING COVID-19

- Breastfeeding protects newborns from getting sick
- Breastfeeding helps to protect newborns throughout their infancy and childhood
- Breastfeeding is particularly effective against infectious diseases as it strengthens the immune system of a child by directly transferring antibodies from the mother

CONTINUE BREASTFEEDING WITH PRECAUTIONS TO PROTECT FROM INFECTIONS!

If breastfeeding mother has symptoms like fever, cough or difficulty in breathing she should:

- Seek early medical care
- Follow instructions of the healthcare provider
- Use a mask when near the child
- Wash hands for 40 seconds with soap and water before and after contact with the child including feeding
- Routinely clean/disinfect any surface she has touched by cleaning with soap or alcohol based sanitizer
If mother is too ill to breastfeed, she can express her milk in a properly cleaned container and feed it to the child with a clean cup or spoon.

**Before expressing milk**
- Wash hands for 40 seconds with soap and water
- Wash the cup or container for expressed milk with soap and water properly

**While feeding expressed milk**
- Wear a mask
- Feed expressed milk with a properly cleaned cup or spoon
If mother is too sick to breastfeed or express breastmilk, she should explore the possibility of:

- **Relactation:** (restarting breastfeeding after a gap)
- **Wet nursing:** (another woman breastfeeding or caring for your child)
- **Using donor human milk:** (if available)

If the infant or young child becomes sick with suspected, probable, or confirmed COVID-19 or any other illness, mothers should continue breastfeeding.
Complementary feeding

• Caregivers should start complementary foods along with breast milk on completion of 6 months. At this age, a baby's rapid growth of body and brain requires more energy and nutrients than what breast milk alone can provide. Delay in introduction of complementary foods affects the child’s physical and brain growth and increases the risk of malnutrition. Feed the child a variety of foods such as pulses, milk and milk products, yellow, orange and green vegetables and fruits to support the child’s physical growth and brain development.

• Children have a small stomach, therefore make every bite of food count.

• Due to lock down, if access to fresh produce is difficult, identify healthy food options to replace fresh produce, limit highly processed foods that are typically high in saturated fat, free sugars and salt, and avoid sugary drinks.

• Wash hands with soap and water before cooking, feeding and eating.

• Also wash child’s hands with soap and water before feeding.

• Feed the child from a separate bowl. Use a properly cleaned bowl and spoon to feed the child.

• Feed children usual amount of foods and fluids more often during illness.
COVID and Management of SAM

• Intensify the public awareness, protection, promotion and support of appropriate and safe feeding for all breastfed and non-breastfed children and use all opportunities to include hygiene messages, key messages on COVID-19 symptoms, and Infection, Prevention and Control (IPC) measures

• Children who are identified as severe acute malnourished requiring facility-based care (illness or related complications) to be referred to the nutrition rehabilitation centers using health referral facilities

• At the NRCs children to be provided the required care services observing hygiene protocols and physical distancing (1 mt) norms/ avoid overcrowding

• Any child who is currently undergoing treatment at the NRC should not be discharged back to the community without getting cured; similarly, any child who has been cured should be discharged back to the community using health transport facilities

• Subsequent follow-ups may be conducted over phone; physical visits should be discouraged as far as possible
COVID and General nutrition 1: Maintain food hygiene while purchasing, cooking and storing food

**Food Hygiene Tips**

- Wash unpackaged produce, such as fruit and vegetables, and packets of consumables like milk, curd etc. thoroughly under running water
- Wash your hands thoroughly with soap and water for at least 20 seconds before preparing any food
- Use separate chopping boards for uncooked meat and fish
- Always cook food to the recommended temperature
- Where possible, keep perishable items refrigerated or frozen, and pay attention to product expiry dates. Always take out only the required portions of food items especially vegetables/meat/fish etc. from the fridge
Food Hygiene Tips

• Aim to recycle or dispose off food waste and packaging in an appropriate and sanitary manner, avoiding build-up of refuse which could attract pests. Try to dispose the waste in closed dustbins

• Wash your hands with soap and water for at least 20 seconds before eating, cooking and handling food. Make sure your food handlers do the same

• Always use clean utensils and plates

• Inspect the store bought ready-to-eat or canned foods for any visible spoilage after opening the can/packet. Please do not use if there is any visible spoilage/foul smell/color change/swollen packets or cans
General nutrition 2: Maintain food hygiene while purchasing, cooking and storing food

Food Purchasing Tips

• For buying groceries, it is better to have a designated person in the family. Make the required list of groceries (after discussion with other family members) beforehand

• Buy groceries for at least one week to limit the number of visits to the store/market

• Elderly and pregnant/lactating mothers and children should avoid going out

• Maintain a physical distance of at least 1 m (3 feet) from others while buying groceries in the market

• Buy foods that are non-perishable such as cereals, pulses, canned or frozen foods and dehydrated vegetables, and semi perishables such as onions, potatoes, yam, arvi, cabbage, carrots, small whole pumpkins, parval, etc

• Avoid buying tempting foods like chocolates, chips, ice cream and other foods high in fat, salt and sugar
Food Purchasing Tips

- Keep a separate set of slippers/shoes to go out
- Wash your hands with soap for at least 20 seconds as soon as you return home from market
- Do not touch your face while you are in the market
- Wash the shopping bag thoroughly with disinfectant and clean water after shopping and dry in sun
- Check the date of expiry of the product and visible damage (dent/ leak/ rust/ bulge/ flatten than usual size) of the pack before buying. Avoid buying items which have crossed the date of expiry or best before date or are damaged in any way. If food is spoiled or looks doubtful, it is best to throw away immediately and wash the container thoroughly
General nutrition 3: No COVID-19 transmission from food or food packaging

• Transmission of COVID-19 from food or food packaging: No evidence
• Infection possible if touching surface/object contaminated with virus and then touching face
• Higher risk: close contact with other people while food shopping or receiving a food delivery
• Consumption of meat, chicken or eggs leads to higher risk of acquiring COVID-19: No evidence
General nutrition 4: Immunity boosters

- No food can be designated as a super food to prevent or cure COVID-19 in pregnancy
- Several foods rich in antioxidant nutrients (Vitamin C, Vitamin E and Vitamin A), Iron, Zinc and Selenium and omega 3 and omega 6 fatty acids boost immunity

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<tr>
<td>Dark green leafy vegetables</td>
<td>Amaranth leaves, fenugreek leaves spinach etc.</td>
</tr>
<tr>
<td>Vitamin C rich foods</td>
<td>Lemon, amaranth leaves, orange, melon etc.</td>
</tr>
<tr>
<td>Yellow-orange fruits &amp; vegetables</td>
<td>Carrot, papaya, mango, orange, lemon etc.</td>
</tr>
<tr>
<td>Nuts</td>
<td>Almonds, walnuts, coconut (dry), gingelly seeds, safflower seeds, sunflower seeds, pumpkin seeds, flaxseeds, chia seeds, poppy seeds, niger seeds, mustard seeds etc.)</td>
</tr>
<tr>
<td>Millets</td>
<td>Bajra, ragi, jowar etc.</td>
</tr>
<tr>
<td>Whole pulses and legumes</td>
<td>Bengal gram (whole), horse gram (whole), green gram (whole), rajma, soyabean etc.</td>
</tr>
<tr>
<td>Egg &amp; Non-Veg</td>
<td>Meats, chicken, fish and egg</td>
</tr>
<tr>
<td>Milk and milk products</td>
<td>Curd, paneer</td>
</tr>
<tr>
<td>Omega 3 &amp; Omega 6 fatty acids rich oil</td>
<td>Safflower oil, sunflower oil, corn oil, soybean oil etc.</td>
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<tr>
<td>Herbs, spices and condiments</td>
<td>Garlic, ginger, black pepper, turmeric, cloves, basil</td>
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Village Health Sanitation and Nutrition days (VHSND) will be conducted every Tuesday and Friday as per health microplans. It must however be ensured that the community is informed beforehand to come to the Anganwadi Centre in a staggered manner to avoid overcrowding and observing physical distancing. During the VHSND, necessary checkups and counselling of pregnant women, weighment of underweight children, referrals will take place

- Growth monitoring activities will help the workers identify the most vulnerable children (SUW, SAM). However, after every use of weighing scales, thermometers etc. such equipment shall be adequately sanitized
- The beneficiary coming for the session, must clean hands with soap and water and observe necessary physical distancing
- Beneficiaries with fever, cold, cough and flu like symptoms should be persuaded not to come to the session and to remain indoors with requisite precautions