

NUTRITION & WELLNESS GUIDE FOR IMMUNE HEALTH



COVID-19 Management

1 MENTAL WELL-BEING



In times of physical isolation, we do not need to move away from our social support. Stay present and find creative ways to stay in touch. Accept the pandemic reality and turn challenges into opportunities!

Today, feelings of despair and sadness may be more frequent and harder to manage. Mindfulness is our ability to bring

awareness to the moment. Meditation, yoga, prayer are ways that connect our mind, body and soul. They improve how we cope and preserve our mental well-being.

Resources

UAB Student Counseling Services:
uab.edu/students/counseling

UAB Student Health & Wellness Center:
uab.edu/students/health

UAB Employee Assistance and Counseling Center (EACC):
uab.edu/humanresources/home/eacc

UAB Community Counseling Clinic:
uab.edu/education/counselingclinic

Live HealthSmart Alabama: uab.edu/livehealthsmartAL

UAB Recreation - FREE Classes:
uab.edu/students/universityrecreation

2 EASY EXERCISE



Exercise is important for staying healthy and lowering your chances of getting sick. If you feel well, try walking 3-4 times a week. If you feel sick (running a fever, coughing, sneezing, or tired), do not exercise.

Exercise Advice

- Not a regular exerciser?
No intense activities like running.

- Beginner?
Start slowly – only 5-10 minutes a day to begin.

- Intermediate?
Exercise 3-4 days/ wk and rest in between.

- Exercise outside anytime possible!

3 QUALITY SLEEP



Sleep helps keep your immune system healthy. Too little, or restless sleep, may make you more likely to get sick.

Sleep Advice

- Aim for 7-9 hours a night.
- Set a sleep schedule.
- Develop a sleep routine like a hot shower, meditating, praying, writing in a journal, or reading.
- No digital devices 1 hour before bed!
- Avoid caffeine 6 hours before bed.
- Do not to eat 2 hours before bed.
- Keep your nighttime reading and chats light to reduce anxiety.

4 FOODS



The foods you eat can boost your immune system and lower your chances of getting sick. The healthiest diets are heavy on fruits, vegetables and whole grains. These foods are high in vitamins and minerals that help fight infection.

NUTRIENT (DAILY VALUE)	FOODS
Vitamin C (90mg)	• 1 cup Strawberries (98 mg) • 1 cup Broccoli (81 mg) • 1 cup Cooked Tomato (55 mg)
Vitamin D (800 iu or 20 mcg) *sunlight	• 3 oz Salmon (586 iu) • 1/2 cup Mushrooms (366 iu) • 3/4 cup Fortified Cereal (100 iu) • 1 cup 2% Fortified Milk (120 iu)
Vitamin B6 (1.7 mg)	• 3 oz Salmon or Chicken (0.8 mg) • 1/2 cup Fortified Tofu (0.55 mg) • 1 Medium Potato (0.5 mg)
Zinc (11 mg)	• 5 oz Chuck Steak (15 mg) • 1 cup firm Tofu (4 mg) • 1 oz hemp seeds (3 mg)
Vitamin A (900 mcg)	• 1/2 cup Baked Sweet Potato (961 mcg) • 1 cup Cantaloupe • 1/2 cup Raw Carrots (459 mcg)

Boost Nutrition

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Nutrition Hacks

- Add vegetables to pizza.
- Add fruit and nuts to cereal and yogurt.
- Breakfast burrito with diced vegetables.
- Eat sweet potatoes more often.

Nutrients

Vitamin C – In fruits and vegetables like oranges, strawberries, tomatoes, potatoes, broccoli, and sweet peppers.

Vitamin D – In fish and eggs but mostly in fortified foods such as cereals, milk, tofu, and fortified juice.

Vitamin B6 – In many animal meats and in fish, chickpeas, and fortified cereals.

Vitamin A – In orange and yellow fruits and vegetables and in most dark green leafy vegetables.

Zinc – In animal meats, oysters, soy products, lentils, seeds, and oats.

For more Covid 19 nutrition information, visit <https://www.uab.edu/shp/nutritiontrends/nutrition-now>

5 STOP SMOKING



Need a reason to quit tobacco? Smoking cigarettes doubles your chance to die or have serious outcomes from COVID-19!

Quit for your health. Quit for the health of those around you. And remember – you don't have to quit alone!

Talk to your doctor, text a friend, or call **1-800-QUIT NOW** for free help today.