

## Letter to the Editor

### Nutrition For Post Covid-19 Recovery

S.Lakshmi Priya, R.Aarthi, M.Akila, Dr. A.N Uma\*

School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute,  
Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

To the Editor

Sir,

Corona virus (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. The Delta variant is associated with higher infectivity and poor patient outcomes and the Omicron variant has resulted in a significant increase in infections. The Post COVID Recovery will be balanced with proper food intake and nutrition. It is therefor our duty to describe the importance of nutrition and maintain a well-balanced diet for Post COVID-19 Recovery to the concerned patients.

Many people lose their appetite and eat less when feeling unwell with and recovering from COVID. You may find difficulties in shopping, preparing food and eating your usual meals. You may feel tired or weak. COVID makes it difficult to get the right nutrition you need and could make your recovery longer. Hence, to maintain weight and regain strength, eating a variety of healthy foods every day will help as per Dietary Guidelines of India. Having plenty of vegetables and fruits, consuming protein-rich foods, watering your drink of choice and choosing whole-grain foods will all help towards speedy recovery of COVID patients. It has also been brought to our notice that to treat herbal with natural remedies which has high medicinal value and has shown considerable results.

To conclude, eating well is important as your body needs energy, protein, vitamins and minerals to help you recover. Having a good intake of these will boost your immune system

and increase your energy levels. Our body needs more calories and protein during infection. To avoid congestion, Turmeric is added in the routine dietary practices.

---

**\*Address for correspondence: Dr.AN Uma**, Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: [umaan@mgmcri.ac.in](mailto:umaan@mgmcri.ac.in)