

#HealthyHabits

Maintain a healthy diet



PLATINUM
HEALTH

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections.

- While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems.
- Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.
- For babies, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond.
- For young children, a healthy and balanced diet is essential for growth and development.
- For older people, it can help to ensure healthier and more active lives.

Tips for maintaining a healthy diet:

- ✓ Eat a variety of food, including fruits and vegetables.
- ✓ Avoid hazardous and harmful alcohol use.
- ✓ Cut back on salt.
- ✓ Eat moderate amounts of fats and oils.
- ✓ Limit sugar intake.
- ✓ Stay hydrated: Drink enough water.

*Keeping members informed,
because we care*

