

# Eating well after COVID-19

**Easy read information for people who have had  
COVID-19, or who think they may have had it**

Produced by Sirona care & health Community Dietitians

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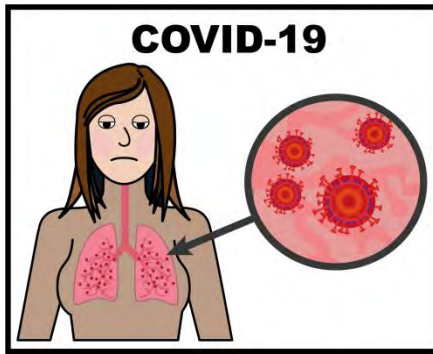
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## Eating well will help you get better



Having the right food and drink after you have been ill will help you get better.

You might have been asked to follow a special diet by a healthcare professional. This could include eating and drinking particular things.

If so, it is important that you carry on following them.



You may have lost weight and strength whilst feeling unwell.

It is important to eat food that is high in energy and protein.

## Weighing yourself



You should weigh yourself regularly.

Write your weight down, if you can.

If you can't weigh yourself, watch out for signs that you have lost weight.

For example, your clothes or jewellery may have become looser.



If you keep losing weight you should speak to a doctor or nurse.

They may refer you to a dietitian.

## Your sense of taste may be different

**don't like eating**



You may find that your food tastes and smells different after being ill.

This may mean that you don't enjoy some foods.

**spicy food**



Try not to have very spicy foods, like curry.

**pepper**



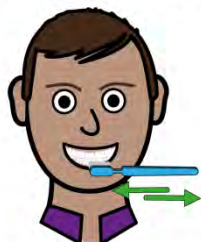
Use herbs and pepper to add flavour to your food.

**knife and fork**



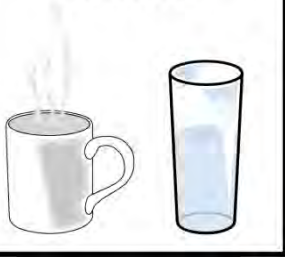
Use a plastic knife and fork if your food tastes of metal.

**brush teeth**



Brush your teeth and tongue at least 2 times a day.

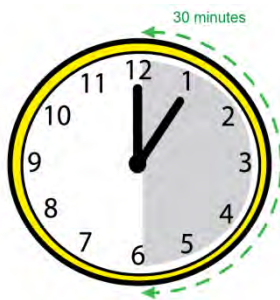
## drinks



Have sips of non-fizzy drinks during the day.

## Feeling short of breath can make eating difficult

### small meals

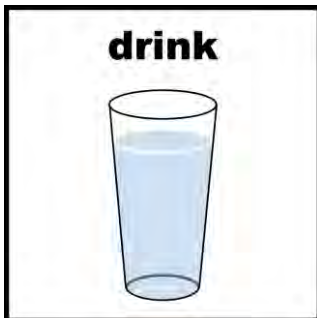


Try to:

- Eat small meals more often
- Choose softer, moist foods that are easier to chew and swallow
- Don't rush eating. Take your time!

## You may have a dry mouth

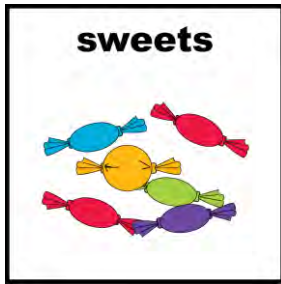
### drink



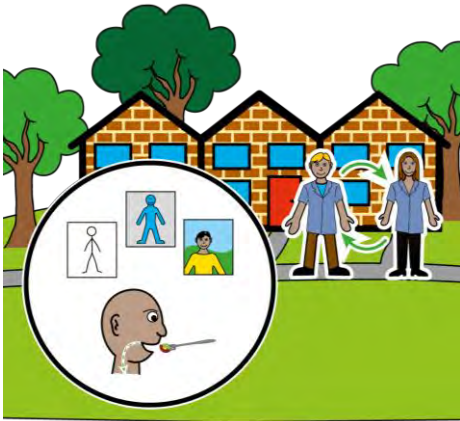
This could be from a side-effect of treatment you may have had.

Try to:

- Drink 6 to 8 cups of fluid each day. This could include nourishing drinks like fruit juice or milkshakes.
- Choose moist dishes like stews/soups
- Add sauces to meals like mayonnaise, gravy, cheese sauces
- Eat ice lollies or ice creams



- Suck sweets or chewing gum between meals



- You are finding it hard to swallow
- You are coughing a lot during meals
- Your voice becomes 'gargly'

They may refer you to a speech and language therapist for help.

## Food fortification



You can make most foods high in extra calories and protein by adding extra goodness to them.

Try to buy full-fat foods where possible such as milk, yoghurt and spreads.








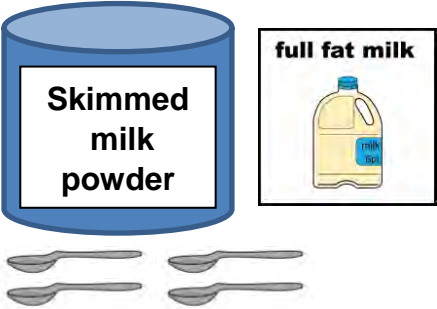
**Dried fruit and nuts can be added to:**

- Breakfast cereals
- Puddings such as full-fat yoghurt, rice pudding and custard



**Nut butters such as peanut, cashew and almond can be:**

- Added to porridge
- Spread thickly on toast, crumpets and crackers

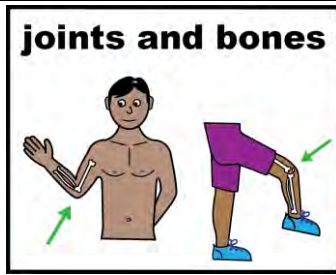
<p><b>grating cheese</b></p> 	<p><b>Grated cheese can be:</b></p> <ul style="list-style-type: none"> <li>• Added to meals such as spaghetti, beans on toast, soups and casseroles</li> <li>• Mixed with foods such as mashed potato and scrambled eggs</li> </ul>
<p><b>butter</b></p> 	<p><b>Butter or spread can be:</b></p> <ul style="list-style-type: none"> <li>• Spread thickly on to toast, crumpets or crackers</li> <li>• Added to vegetables and mashed potato</li> </ul>
<p><b>cream</b></p> 	<p><b>Cream can be:</b></p> <ul style="list-style-type: none"> <li>• Added to soups, puddings, tinned fruit, mashed potato and sauces</li> <li>• Added to drinks such as coffee and milkshakes</li> </ul>
<p><b>full fat milk</b></p> 	<p><b>Full fat (whole) milk can be used to make:</b></p> <ul style="list-style-type: none"> <li>• Milky coffee, hot chocolate malted drinks and milkshakes</li> </ul>
<p><b>mayonnaise</b></p> 	<p><b>Full fat mayonnaise can be added to:</b></p> <ul style="list-style-type: none"> <li>• Sandwiches such as tuna, egg and cheese</li> <li>• Main meals</li> </ul>
 <p><b>Skimmed milk powder</b></p> <p><b>full fat milk</b></p>	<p><b>Fortified milk</b></p> <p>You can make full fat (whole) milk have more calories and protein by adding skimmed milk powder to it.</p> <p>Add 4 heaped tablespoons (60g approx.) to 1 pint of full fat (whole) milk. Mix well.</p>



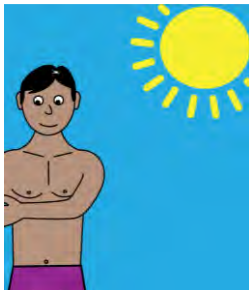
**Ways to use fortified milk:**

- cooking e.g. sauces
- custards
- milk puddings e.g. rice pudding, milk jelly, instant whip
- cereals
- making up packet soup and condensed soup
- milkshakes, hot chocolate, iced coffee

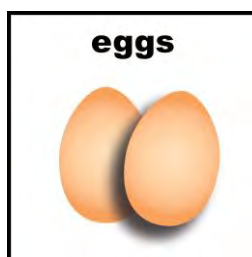
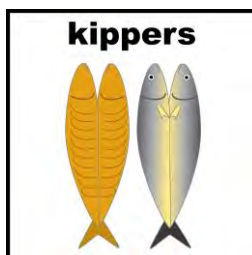
**Vitamin D**



Vitamin D is important for our bones, muscles, teeth and health.





We get most of our Vitamin D from sunlight and a small amount from the food we eat.




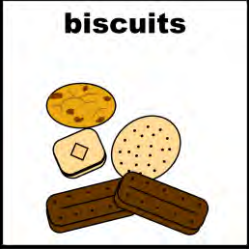



Some foods which contain Vitamin D include:

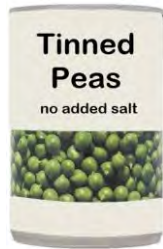
- Oily fish such as salmon, kippers and sardines
- Egg yolks
- Some breakfast cereals and yoghurts have vitamin D added to them

<p style="text-align: center;"><b>tablets</b></p> 	<p>It is also recommended that we take a 10 microgram supplement each day.</p> <p>It is especially important to take this in the winter months or when we spend a lot of time indoors.</p>
 <p style="text-align: center;">Pharmacy</p>	<p>Speak to the pharmacist or doctor if you would like help with this.</p>

## Storecupboard items

	<p>Keep some basic foods in your kitchen cupboards and freezer.</p> <p>This is useful in case you can't get to the shops.</p>
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="margin-bottom: 10px;"> <p style="text-align: center;"><b>bag of macaroni</b></p>  </div> <div style="margin-bottom: 10px;"> <p style="text-align: center;"><b>rice</b></p>  </div> <div style="margin-bottom: 10px;"> <p style="text-align: center;"><b>biscuits</b></p>  </div> <div> <p style="text-align: center;"><b>breakfast</b></p>  </div> </div>	<p><b>Packet foods:</b></p> <ul style="list-style-type: none"> <li>• 'Pasta and sauce' packets made up with boiling water, dried pasta such as macaroni and spaghetti</li>   <li>• Rice, including boil in the bag rice and savoury rice</li>   <li>• Biscuits, crackers, crispbreads and oat cakes</li>   <li>• Breakfast cereals and porridge</li> </ul>





### Tinned foods:

- Tinned fruits such as peaches, pears and stewed apple
- Tinned vegetables such as peas, sweetcorn and carrots
- Tinned soups such as cream of tomato or condensed soups made with milk
- Tinned puddings such as rice pudding, semolina and custard

### ready meal



### ice cream



### peas



### oven chips



### Freezer ideas:

- Ready meals, these include: casseroles, lasagne, stews, pizza, fish pie
- Ice cream, frozen yogurt and ice cream desserts
- Frozen vegetables such as peas, sweetcorn and broccoli
- Oven chips, potato waffles and frozen roast potatoes



### bolognese sauce



### Jars of food:

- Spreads including jam, peanut butter, fish and meat pastes
- Jars of ready-made sauces such as bolognese, pesto and curry



### Long life drinks (once opened they need to be stored in the fridge):

- Long life fruit juice such as orange and apple juice
- Long life milk and flavoured milkshakes

## Drinking well



It is important to drink at least 6-8 glasses of fluid every day.



This includes:

- Water
- Squash
- Tea
- Coffee
- Milk/milkshakes



Try to drink more by:

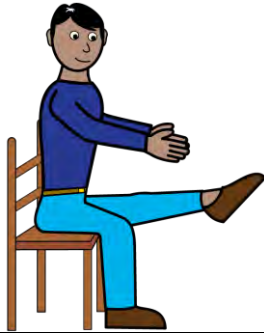
- Keeping a bottle of water with you
- Using a special mug or cup

**ice cream**



- Eating foods high in fluid such as ice cream, ice lollies and soups

## Keeping active



It is important that, when you feel up to it, you try and do some activities.



Fresh air and gentle exercise can help to improve your appetite too.

Exercise/ activities need to be gentle and you need to start slowly.



Exercising whilst social distancing can be more difficult.

Try:

- Going for a walk in the garden or open outdoor space
- Dancing to your favourite music
- Having a look online for more ideas



There is information and resources to help on the NHS website:

<https://www.nhs.uk/live-well/exercise/>

## Feeling tired



You may find making meals difficult.

Lockdown measures may make this even harder.



Ask for help with your shopping or use local delivery options.



You could use a meal delivery company, such as:

- Oakhouse Foods
- Wiltshire Farm Foods
- Parsley Box



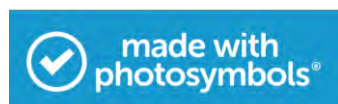
You can also speak to your local council about 'meals on wheels' options.

These are hot meals delivered to your home.

Eating and drinking well can help you to feel better.

If you have specific dietary, eating and drinking guidelines advised by a health care professional it is important you continue to follow them.

If you need further help please contact your GP or healthcare team.



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