

## RULES OF RATIONAL NUTRITION FOR PATIENTS WITH CORONAVIRUS

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**Abstract:** *In recent years, the Covid-19 virus has become a global problem. The virus has now left its mark on infected patients. Among the sick are the elderly and children. Vitamin-rich foods are essential for the elderly and children who have contracted the coronavirus and recovered.*

**Key words:** *Covid-19, prevention, vitamin, calcium, ascorbic acid, muffin, sauce, virus.*

Today, the coronavirus seems normal to us, and one of the main reasons for this is that the body is able to develop immunity to it. [1] But during the Covid-19 pandemic, it left its complications in people infected with the virus. The coronavirus has weakened the main organs of the immune system. For example, calcium in the skeletal system has been removed from the bone. As a result, calcium in the blood caused the formation of calcium salts in the kidneys and urine. [2] As a result of exposure to this virus, organ dysfunctions have occurred, so food contains substances necessary for our body. During illness and after illness, it is necessary to exclude the use of the following foods:

- Sweets and cupcakes;
- spices;
- Sauce, ketchup, mayonnaise;
- Sausages and smoked products;
- Semi-finished products;
- Coffee, chocolate;
- Alcoholic drinks;
- Trans fats (cakes, waffles, margarine, fast food). Products in this category inhibit the immune system and disrupt the intestinal microflora.

Vitamin D reduces the release of pro-inflammatory cytokines, reducing inflammatory responses and lung damage. We can get it from the following products:

- oily fish;
- eggs;
- salmon;
- liver, beef. More desirable foods, lycopene, are found in tomatoes, grapefruits, roses, and other red-orange fruits. [3] Protein is the building block for enzymes,

interferons, white blood cells, etc. Therefore, it is important to ensure sufficient protein in the diet. Vegetarians should supplement their diet with protein supplements. It is recommended to eat beef and lamb because of the full production of amino acids that improve metabolism and the functional state of immune cells. Vitamin C is an essential nutrient for white blood cells, improves iron absorption and thus enables the body to better resist infections. [4] It also reduces the production of pro-inflammatory cytokines. To further reduce the impact of the virus, you need to pay attention to the products consumed to strengthen the immune system. Beef, pumpkin seeds, fish, young ram, rabbit and chicken, eggs, beef liver, tomatoes, potatoes, radishes, cabbage, garlic, asparagus, onions, apples, raspberries, figs, black currants, dates, citrus fruits, buckwheat, barley, brown rice, oatmeal, honey, legumes) - increases the immune defense of the body, is actively involved in the formation of lymphocytes, the production of antibodies, has antimicrobial activity.[5] Under the influence of this virus, sleep also becomes less optimal. Normalizing sleep after coronavirus infection and the sleep hormone melatonin is needed to combat anxiety. It has antioxidant, immunomodulatory and anti-inflammatory effects. Helps to normalize sleep and reduce anxiety, has a beneficial effect on the stability and recovery of the body. It is formed from tryptophan, an amino acid that can be obtained from the following food groups: fresh cherries, Dutch and Swiss cheese, cottage cheese, parmesan, rabbit meat, chicken, beef, cheese, eggs, rice, turkey, salmon, squid. , cod, pink salmon, mackerel, bananas, cauliflower, cashews, peanuts, almonds. [6] Of course, which eating sensations should be paid attention to in patients with Covid-19: One of the symptoms of COVID-19 is loss of smell. Therefore, carefully monitor the quality of the product, stick stickers so as not to use an expired product and not get poisoned. Perishable and avoid expired products. The fight against illness and recovery is an energy-consuming process. Therefore, it is important that the food is easily digestible and high-calorie after and during the coronavirus. Eat as many lightly processed foods, fresh vegetables and fruits as possible. This strategy allows you to get the necessary amount of vitamins, minerals and essential elements. Even the coronavirus is undermining the food system itself. In some patients, the disease is accompanied not by the usual cough and sore throat, but by disorders of the digestive system. Symptoms (nausea, vomiting, intestinal disorders) are very similar to rotavirus infection. Chronic pathologies such as duodenitis, pancreatitis, cholecystitis may worsen. [7] In the era of coronavirus, antibacterial and other drugs prescribed by doctors only increase the load on the gastrointestinal tract. Because of this, dysbacteriosis develops, diarrhea appears. Therefore, it is important to carefully monitor your diet and avoid unhealthy foods. The disease exhausts the body and requires rest from heavy food. First of all, when determining the nutrition system, it is important that it contributes to the rapid elimination of the pathological process. Food with useful substances contained in it should affect the patient's body as follows:

1. provision of all necessary resources to combat viral agents;
2. increase immunity and affect the protective properties;

3. to ensure the normal functioning of the digestive organs when taking antibacterial drugs;

4. minimization of neurological manifestations;

5. restore the activity of the respiratory system;

6. Support the liver, remove toxic metabolic products.

Inflammation is localized at a certain point. When the virus begins to actively multiply, the function of the intestinal barrier is disrupted. In addition, there are problems with detoxification. [8] This leads to a change in the composition of the intestinal microflora and its negative changes. Antibiotics increase the burden. The diet for covid pneumonia and, in general, the entire nutrition system for corona should cover these processes. The liver, the most important part of the digestive system, is under enormous stress in the era of the coronavirus.[9] It should stop the metabolites of viruses as a filter that does not work well enough in case of illness. The disease is delayed for a long time, serious complications can occur. Medicines also put a heavy strain on the internal organs. Food is also a burden, so it is advisable to eat foods that are quickly digested in the stomach and are rich in vitamins. A, C, E and beta-carotene are found in fruits and vegetables. Carrots, green beans, beets, mangoes, tangerines are good for coronavirus. Many useful components can be obtained from egg yolk, liver. [10] Ascorbic acid is found in large quantities in black currants, rose hips and sweet peppers. Antiviral properties are distinguished by almonds, pine nuts, salmon, wheat germ. Above we have mentioned the products you need. Now let's get acquainted with the foods that you can not eat. Having studied what and how to eat properly during Covid-19, it is worth giving up foods that should be excluded. It includes:

- sugar;
- sweeteners, including in the composition of products;
- baking, baking;
- products containing gluten (especially based on various cereals);
- semi-finished products and fast food;
- oil refined from any raw material;
- processed and refined foods (eg polished rice, pasta, snacks);
- coffee, strong black tea;
- Alcoholic drinks.

In addition, it is important to limit foods with a high glycemic index (bananas, dates, dried apricots, etc.) and foods that contribute to the formation of mucus (mushrooms, pumpkin, pork).[11] The fact is that the listed products give an additional load on the internal organs, which becomes unnecessary in the presence of a disease. Fresh fruits contain a lot of fructose, so the liver is under additional stress. Alcohol introduces toxic components into the body, tonic drinks are enriched with tannins, which adversely affect the absorption of nutrients and cause dehydration. [12] All food must be processed to high standards. Avoid frying and eating raw vegetables. This causes additional stress on the

digestive system. That's why we can prevent ourselves without any antibiotics by following the rules of nutrition - being treated or eliminating complications.

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