

EAT WELL IF YOU ARE SICK

If you are sick or not feeling well try to eat healthy and drink enough water. This will help to nourish your body properly, and to keep yourself well hydrated. Doing this will help you to recover and feel better soon.



If you don't feel like eating regular meals, try to eat bland foods that are easily digested and avoid fatty foods that take longer to digest. Don't forget to drink enough fluids (8-12 cups per day).

KEEP YOURSELF WELL HYDRATED

Drink plenty of fluids:

- All the time
- If you have fever
- If you have cough
- If you experience diarrhea
- Drink mostly water, 8-12 cups per day
- You can also drink a herbal tea that won't react with the medications you are taking (call your pharmacist)

Some people infected with COVID-19 can have gastrointestinal symptoms, such as diarrhea. If you experience diarrhea keep yourself hydrated, try to drink enough water, and eat a bland diet.

If you don't feel like eating try to eat foods that are easily digested.

Since food may be limited, try to use what you have, with the following ideas.

BLAND DIET

Try to eat at least 2 meals per day. Choose foods that are easily digested. As a general rule, avoid fried foods, fatty foods, foods high in fibre (cooked fruits and vegetables are better tolerated), caffeine and sugary foods. However, listen to your body and eat foods that make you feel well.

If you feel full soon, try to separate solid food from water and/or tea, and drink your fluids one or two hours after your main meals.

Here are some ideas that will help you eat healthy and easily digested foods.

Meal # 1:

- Oatmeal, or a plain cereal like Cheerios
- Apple sauce, or a banana, or canned fruit
- Water and/or tea



Meal # 2:

- White bread with a thin layer of jam
- Apple sauce, or a banana, or canned fruit
- Water and/or tea



Meal # 3:

- Yogurt with fruit such as banana or canned peaches
- Water and/or tea



Meal # 4:

- Egg, one, prepared in any way you like
- White toast or boiled potato
- Apple sauce, or a banana, or canned fruit
- Water and/or tea



Meal # 5:

- Chicken broth with chicken (or lean beef), cooked carrots and potatoes
- Cooked rice
- Jell-O, or canned fruit or apple sauce
- Water and/or tea



Meal # 6:

- Sandwich on white bread with the following fillings

- Ham or scrambled egg (1) or
- Cheese, low-fat if possible
- Canned fruit or apple sauce
- Water and/or tea



Meal # 7:

- Chicken noodle soup
- Add some cooked carrots
- Add some cooked chicken or have a piece of cheese on the side
- Saltine crackers or a piece of white toast (optional)
- Jell-O, or canned fruit or apple sauce
- Water and/or tea



Meal # 8:

- Cream of carrots (cooked the carrots, blend it with the cooking water and add some salt)
- Poultry or beef cooked with little oil or baked
- Mashed potatoes (with small amount of margarine or butter, and small amount of milk) or rice or pasta cooked with some margarine and salt (and some parsley)
- Apple sauce, or a banana, or canned fruit
- Water and/or tea.



Meal # 9:

- White rice
- A piece of meat cooked with little oil or baked
- Boiled carrots
- Apple sauce, or a banana, or canned fruit. Water and/or tea.



Remember:

Eat enough, eat healthy, and drink plenty of fluids.

