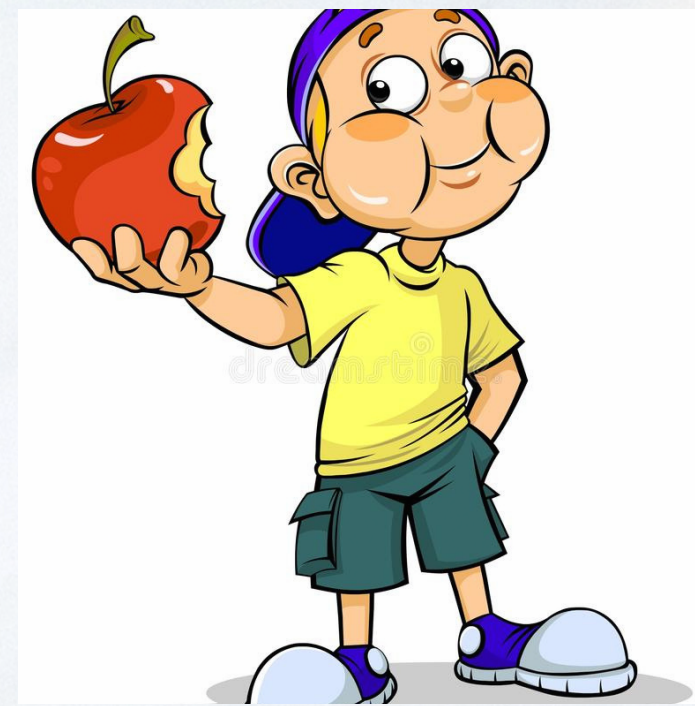


# Functional Foods during the Covid-19 Pandemic

Functional foods are foods that have a potentially positive effect on health beyond basic nutrition promoting optimal health and help to reduce the risk of disease.



**Common foods that are known to be loaded with vitamins, minerals and antioxidants include but are not limited to:**

## 1. Fruits and vegetables

**Why are they important during covid-19?**

**They are rich in vitamins and minerals that provide antioxidant immune protection of the respiratory system, plant cyclotides prevent malfunction of T-cells.**

## 2. Dairy products

**Why is it important to consume these foods during these times?**

**They are rich in vitamin D which reduces the risk of microbial infection.**

## 3. Probiotics (fermented products)

**Why is it important to consume these food?**

**Research has shown them to benefit the body against viruses.**

## 4. Legumes, seeds, and nuts

**Why is it important to consume these foods during these times?**

**They are a source of zinc, which is proven to support the immune system.**

**5. Remember to stay hydrated & exercise**

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