



INDIAN DIETETIC ASSOCIATION

HOLISTIC NUTRITION DURING LOCKDOWN

CHALLENGES DURING LOCKDOWN

1
Scarcity of food

2
Availability, Accessibility

3
Cost

4
Storage

5
Lack of variety

6
Food preference based
on availability

7
Anxiety

8
Unrest

9
Decreased appetite

10
Disturbed sleep

CONSEQUENCES DURING LOCKDOWN



Malnutrition, decreased immunity



Decreased physical activity



Increased risk of metabolic disease



Increased screen time



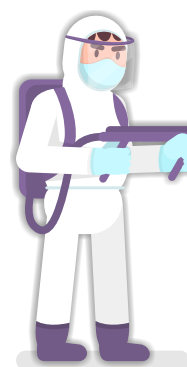
Increased risk of obesity



Routine disturbance (Altered biological clock)



Medical advice - Decreased frequency of follow up / lack of guidance



OVERCOME CHALLENGES DURING LOCKDOWN

Challenge	Suggestions
Scarcity of food Availability/accessibility	<ul style="list-style-type: none"> • Use the available resources efficiently • Opt for realistic portions • Make balanced diet with available resources like idli, dosa , vegetable upma, dalia/rice khichdi, curd rice, parathas, omelet/paneer sandwich • Reduce food wastage
Lack of variety	<ul style="list-style-type: none"> • Opt for traditional food choices using whole grains, lentils, roots, tubers, drumsticks, besan (gram flour) • Include dairy: milk, curd, low fat cheese, paneer, tofu • Boost immunity with regular use of spices, fruits and vegetables • Opt for supplements viz. Protein, vitamins, minerals as recommended
Food preferences	<ul style="list-style-type: none"> • Judicious use of sugar, salt and oil (fat) • Restrict high fat, sugar, salt (HFSS) food viz. Chips, carbonated beverages, biscuits, cakes, refined / processed food • Emphasize adequate hydration: water, buttermilk, soups, tea, green tea
Cost	<ul style="list-style-type: none"> • Prefer home cooked food • Make the best with locally available ingredients • Encourage kitchen garden concept : greens, green chillies, ginger, tomatoes etc.
Storage	<ul style="list-style-type: none"> • Follow appropriate food storage protocol to preserve food • Follow first in first out strategy (FIFO)
Anxiety, unrest	<ul style="list-style-type: none"> • Being positive is the best choice • Opt for meditation, yoga • Be updated with the latest news but don't let it disturb you • Go back to your hobbies, do what you always wanted to do
Increased / Decreased appetite	<ul style="list-style-type: none"> • Ensure mood does not affect your appetite • Keep a check on portion size • Incorporate physical activity
Physically inactive	<ul style="list-style-type: none"> • Indoor activities: dancing, aerobic exercises, spot jogging / marching, static cycling, rope jumping, use treadmill (if available) • Resistance exercises: stretching, push-ups, crunches and weight training • After every meal, ensure to walk for 15 minutes (light walk) • Make time for sunshine
Disturbed sleep	<ul style="list-style-type: none"> • Lower screen time • Ensure you are at peace • Follow regular sleep schedule

STAY SAFE, STAY HEALTHY

- Follow a healthy diet, make right choices from available sources
- Hydrate regularly
- Be on the move ; keep a check on your weight
- Go low on screen time
- De – stress; ensure good sleep
- Seek right medical and nutrition advice
- Avail online / telephone consultations from reliable sources
- Be positive



Issued in Public Interest by:

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