



ABSTRACT

Fact and myth of COVID-19 related to nutrition

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Nutrition Battling on Pandemic COVID-19: How to Survive

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Lesson learned from the spread of dangerous lies about AIDS in 80s–2000s, then we could understand that any health crisis will spawn its own pandemic misinformation, i.e. myths. Now, it is the time that we are experiencing around the coronavirus pandemic in which there is a fresh flood of fake news coming from Facebook to WhatsApp that frequently shared misinformation, including about the cause of the outbreak to its prevention and/or treatment.

The importance to discuss about the myth around covid19 is because the ideas themselves are harmful. Naturally, the more often people see something in news feed, the more likely people are think that it's true. The, people might follow the false, for example was a claim that saying drinking industrial-strength alcohol could protect to get infected by covid19, but in fact people had died from drinking it. Thus, spreading inaccurate information about the risk of the outbreak and promoting unproven remedies seem may do more harm than good. There are eight ways to spot these misinformation, i.e. suspicion source such as from 'a doctor friend of a friend'; bad language such as poor spelling or grammar; emotional contagion that makes people angry or overjoyed; news gold or fool's gold that reported by only one source; oversharing by urges to share the sensational news; follow the money on who stands to gain people believing the extraordinary claims; and fact-check in websites if it has already been debunked.

Related to nutrition, there are some claims that some foods and drinks or herbs and spices could prevent or cure COVID-19, such as drinking lemon in warm water, eating lot of bananas or mango or even durian, and also onions, or eating curry or juice of bitter-gourd vegetable, or eating alkaline foods, keto diet, or drinking water every 15 minutes, or drinking a specific type of tea. But in fact there is no evidence proven. Therefore, a simple message for this is STOP sharing, because it is dangerous and wrong. There are no miracle foods or diets that can prevent or cure COVID-19. People are in an anxiety about COVID-19 that makes people more willing to try anything. In fact, to keep people healthy during the COVID-19 pandemic are eat a balanced and varied diet, establish a routine and practice mindful eating, keep hydrated, practice safe food hygiene, stay active at home, get enough quality sleep and last but not least get information from trustworthy source.

Keywords: COVID-19, novel coronavirus, nutrition myth, nutrition hoaxes



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