



ABSTRACT

Healthy eating to maintain a healthy immune system in pandemicHamid Jan B. Jan Mohamed¹^{1.} *Nutrition and Dietetics programme, School of Health Sciences, Universiti Sains Malaysia.***Abstract : Nutrition Virtual Symposium 2021 - Speaker**

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COVID-19, caused by the coronavirus, is primarily spread during close contact such as touching and by fluid droplets produced through cough, sneeze or talk. During this pandemic, good nutrition and a healthy lifestyle is extremely important, especially in ensuring good immune defence. This is a review with the aim of exploring the latest information and knowledge gained in relation to nutrition, immunity and Covid-19. This pandemic has emphasised that good nutrition and a healthy life is the key to strengthening immunity. This is particular important for the vulnerable group, including the elderly and people with underlying medical problems. Having a healthy bodyweight and consuming balanced diet (with particular focus on variety of fruits and vegetables) are important elements for supporting immune system that may help limit the severity of illnesses in those infected. Various dietary factors have gained particular attention. These include some vitamins and minerals (especially vitamin D, A and C, and zinc and iron), phytonutrients (bioactive compounds with antioxidant activities), and factors that promote gut health (including dietary fibre, adequate water and probiotics). In conclusion, COVID-19 pandemic had taught us some important lessons in many aspects of life that we have taken for granted, including nutrition and health. It is a wakeup call for everyone to pay more attention to healthy eating to maintain a strong immune system.

Keywords: vitamin, mineral, antioxidants, immunity, covid-19

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