



# AHARA A COMPLETE GUIDE TO WELLNESS DURING COVID-19

Holistic wellness is crucial to maintain optimal physical, mental and emotional health. Good nutrition and physical activity is very important to maintain wellness during times when the immune system is threatened by harmful pathogens

- How do you eat right when you are living on non-perishables?
- How can you get physical activity when you cannot leave home?
- How can you sleep well when there is so much anxiety created about the pandemic?

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Here's how you  
stay healthy!!!  
Focus on these three  
major areas

- **NUTRITION**
- **PHYSICAL ACTIVITY**
- **STRESS MANAGEMENT**



# NUTRITION



*Proper nutrition and hydration are very vital. Building a strong immune system helps to **fight infection** and these are the main components to build **immunity***

- **Protein**
- **Dietary fibre**
- **Good fats**
- **Vitamins**
- **Minerals**
- **Water**
- **Probiotics**
- **Antioxidants**
- **Phytochemicals**





# THINGS TO DO

- Eat a variety of **fresh fruits**(2 cups), papaya, guava, pineapple, oranges, pomegranate. and vegetables(2.5 cups)-spinach,gourd varieties,yellow coloured vegetables,tapioca,sweet potatoes.
- Include **legumes,nuts(handful)whole grains** like millets,oats,brown rice
- Non veg-**Meat,fish,egg**(avoid red meat)



- **Hydrate** yourself well(8-10 cups)
- Consume **good fats**(e.g. ghee, olive oil, soy, canola,till oil,mustard oil, sunflower and corn oils)
- Limit your daily **salt** intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.



# SAFE FOOD HANDLING PRACTICES

- Keep your **hands, kitchen and utensils** clean
- Separate **raw and cooked food** eg. raw meat and fresh produce
- Cook food thoroughly
- Keep your food at safe temperatures (below 5 degree or above 60 degree)
- Drink **clean water**



- Wash your **hands with soap and water** for at least 20 seconds before eating and make sure your children do the same.
- Aim to recycle or dispose of **food waste** and packaging in an appropriate and sanitary manner, avoiding build-up of refuse which could attract pests.





# MINDFUL EATING

- Make a schedule or a **daily meal plan**
- Share recipes or even cook virtually together
- Listening to physical hunger cues and eating only until you're **full**
- **Chew** your food properly and take your time to eat your food
- Engage all **five senses**

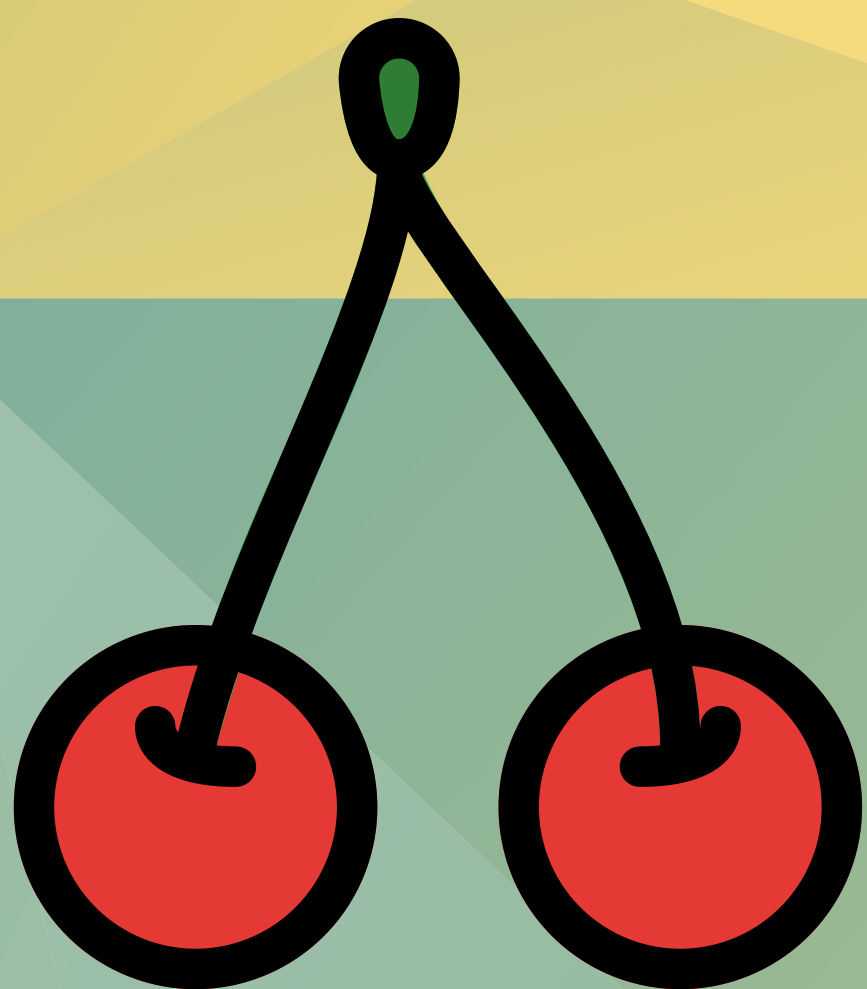


- **Eat slowly** and avoid over eating
- **Don't skip meals**
- Show **gratitude** so as to be worthy to receive it.
- Make cooking and eating a **fun** and meaningful part of your family routine

# IMMUNE BOOSTING FOODS



- **Vitamin C** tops the list of immune boosting foods- Amla, Citrus fruit, guava and red bell peppers can be easily added to soups, stews, stir-frys, or salad dressings.
- **Zinc** is an immunity boosting element- shell fishes, nuts and seeds, and egg yolks.



- **Iron** rich foods are very important for vitality and immunity- green leafy vegetables, bone broth, Drumstick leaves soup
- **Magnesium**-rich foods may help you to feel calmer, and help support immunity. Stress can deplete our magnesium levels- legumes, nuts, seeds, leafy greens, and whole grains.



- **Omega 3**-Builds immunity as well as combats stress-flax seeds, Fatty fish, almonds, Canned oily fish such as sardines, mackerel and salmon are rich in protein, omega 3 fatty acids and a range of vitamins and minerals
- Eat **probiotic-rich foods** such as - fermented foods overnight soaked rice water, yoghurt and curd



- **Immune boosting Spices:** Kalonji seeds, star anise, ginger, garlic, turmeric, and capsaicin (from chili peppers)
- **Antioxidants**-Green tea, turmeric, broccoli, pumpkin, mangoes, apricots, carrots, spinach and parsley, grapes, berries, tomatoes contain antioxidants.







## EARLY MORNING BREAKFAST

**7 am**

- Start your day with 2 glasses of luke warm water
- Lime-ginger tea/green tea/Milk tea boiled with turmeric, pepper and ginger (add palm sugar if needed)

**8.30 am**

- Millet Idli/Dosa/Poha/Pongal /Adai/Daliya/upma (rice, rawa, broken/ wheat, oats cooked with vegetables)
- With Ginger/till/mint-coriander chutney or Sambar
- 1-egg (egg white for diabetics, renal, cardiac, geriatric)

## MIDMORNING

**10.30 am**

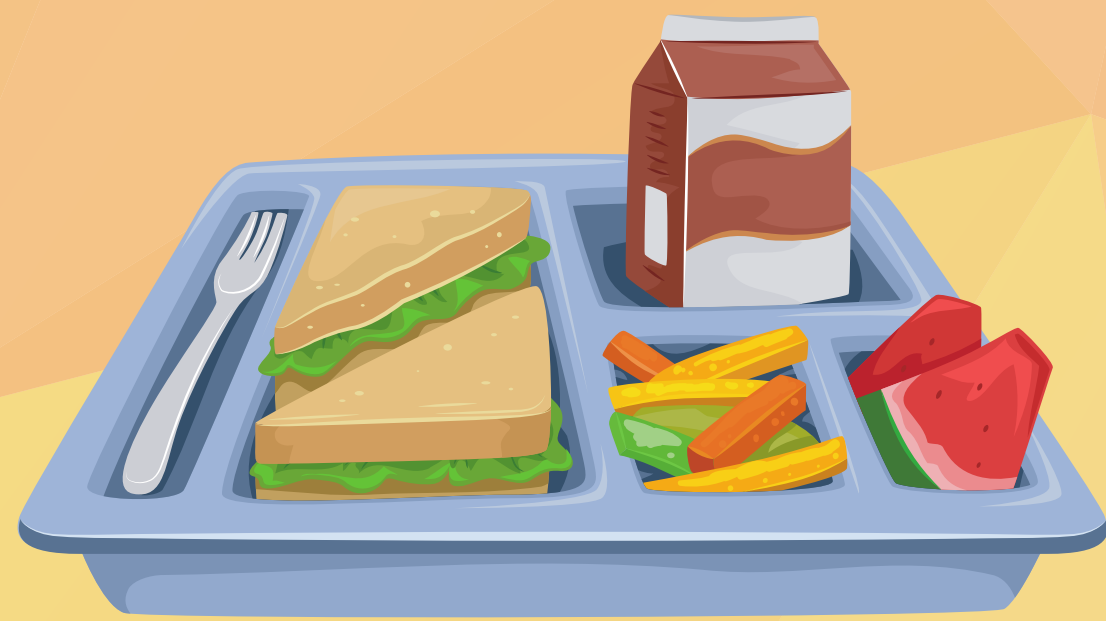
- Amla juice/orange juice/tomato juice/ABC juice/Tender coconut water/buttermilk
- Mixed vegetable soup/Moringa leaves soup/Tomato soup (with ginger, garlic, pepper)





## LUNCH

**1.00 pm**



- *Rice-1 cup/Roti-2-3 nos*  
(knead the dough with 2 tsp of kalonji seeds, fenugreek leaves)
- *Sambar/dal/chicken curry/ fish curry*
- *Garlic kolambu/pepper kolambu/marundhu kolambu*
- *Kootu-eg.green leafy vegetables/ Gourd varieties*
- *Vegetable Poriyal-  
eg.carrot/beetroot/beans/cabbage/cauliflower*
- *1 Egg(egg white for diabetics,renal,cardiac,geriatric)*
- *Sprouts/Paneer(For vegetarians)*
- *Pepper/Horse gram/Tomato Rasam/*
- *Buttermilk*

## EVENING

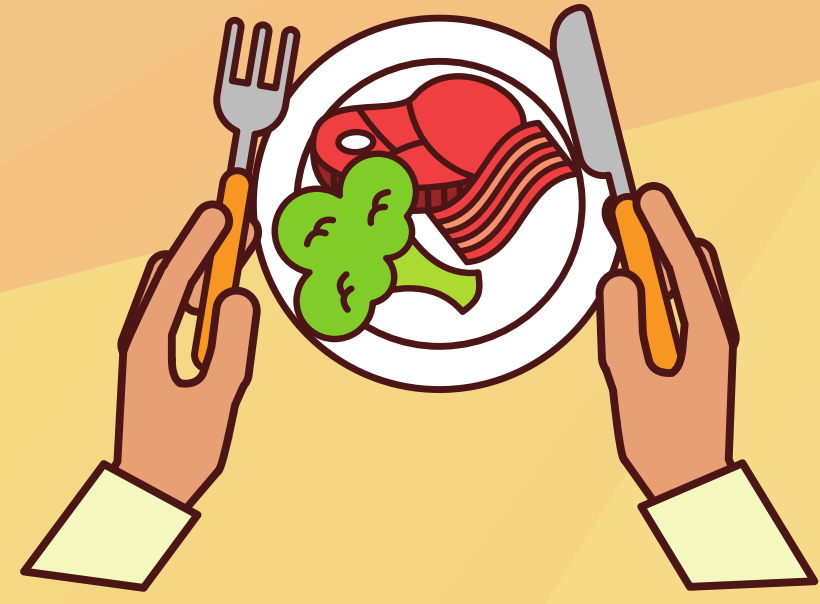
**5.00 pm**

- *Ginger tea/Tulsi tea/Badam milk/Ragi malt/Oral nutrition supplement(suggested by doctor/dietitian)*
- *Sprouts,Channa,Nuts and seeds(Almonds,Peanuts,Walnuts,Sunflower and Pumpkin seeds)*





## **DINNER**



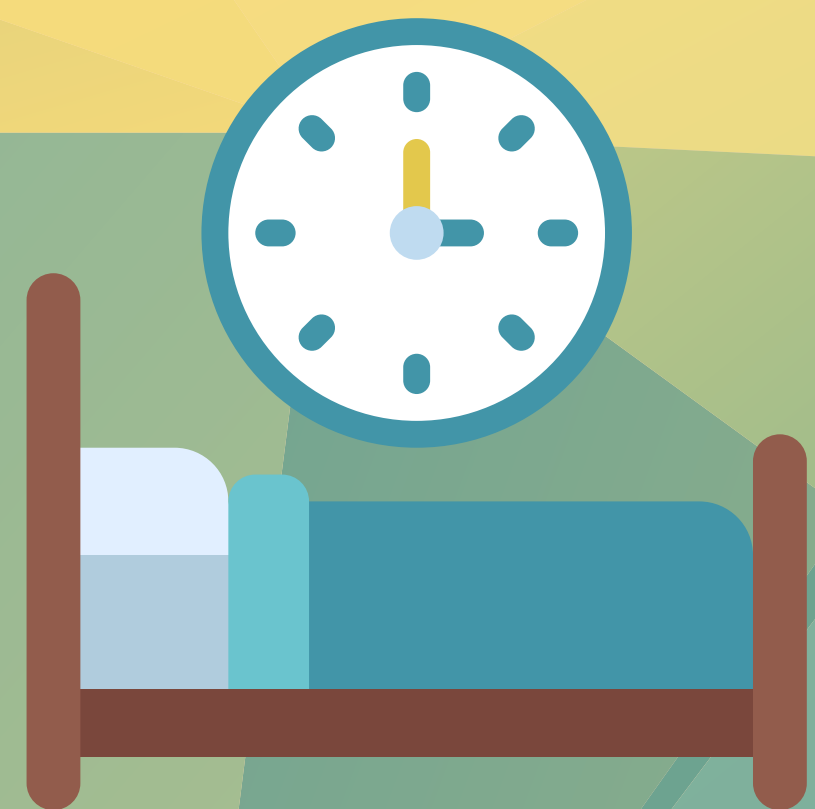
**8.00 pm**

- 1 bowl soup-Carrot ginger soup/Dhal or Lentil soup/Chicken or Mutton broth
- 1 Bowl salad-Mushroom, Chia seeds, Flax seeds, Capsicum, Corn, sprouts or Paneer or Chicken, Onion, Broccoli
- Green gram Dosa/Ragi dosa/Jowar or Bajra roti with
- Dal/Sambar or Coconut/Bengal gram chutney

## **BED TIME**

**10.00 pm**

- Milk tea boiled with turmeric, pepper and ginger(add palm sugar if needed)-150 ml



# PHYSICAL ACTIVITY



*During the **COVID-19 pandemic**, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible. Even a **short break** from sitting, by doing 3-5 minutes of physical movement, such as **walking** or **stretching**, will help ease muscle **strain**, **relieve mental tension** and **improve blood circulation** and **muscle activity**. Regular physical activity can also help to give the day a routine and be a way of staying in contact with family and friends*

# WHY DO WE NEED TO DO IT?



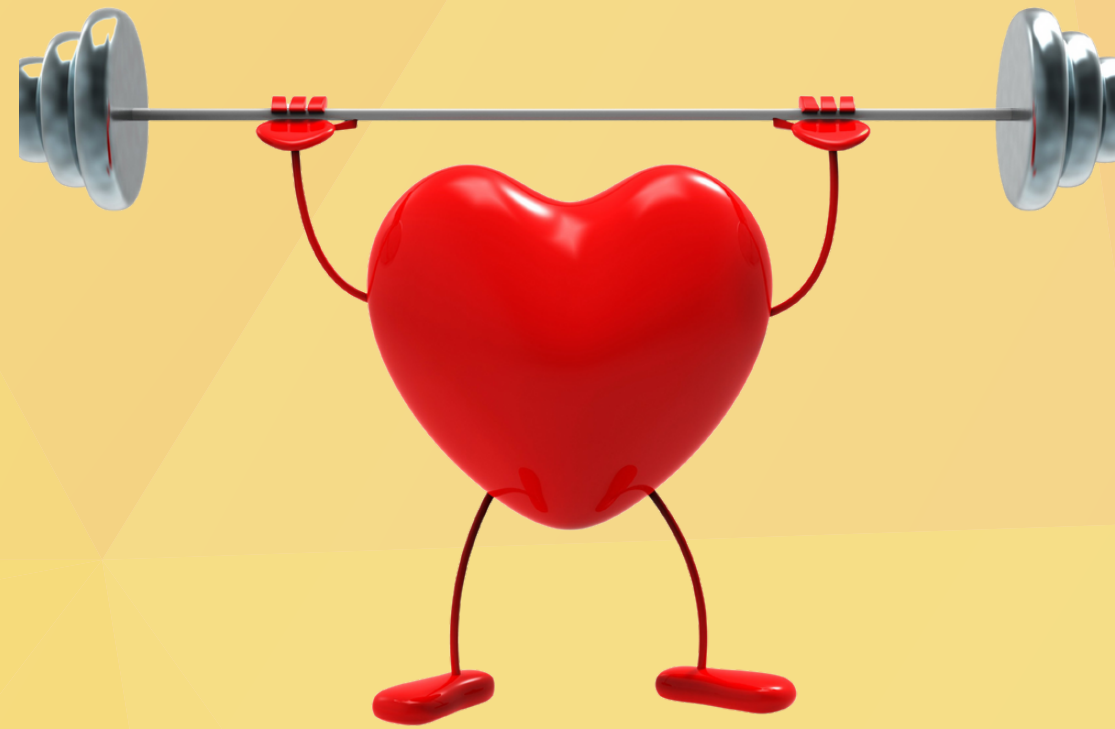
- Reduce **high blood pressure**, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers.
- Improves bone and muscle strength and **increases balance**, flexibility and fitness.
- For older people, activities that improve balance help to prevent falls and injuries



- For children, regular physical activity helps support healthy **growth and development**, fundamental movement skills and build social relationships.
- Regular physical activity also improves **mental health** and can reduce the risk of depression, cognitive decline and delay the onset of dementia - and improve overall feelings of wellbeing.



# HOW MUCH PHYSICAL ACTIVITY IS RECOMMENDED?



- At least 150 minutes of **moderate-intensity** physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week, including **muscle-strengthening** activities 2 or more days per week.
- Older adults with poor mobility should do physical activity to enhance balance and prevent falls on 3 or more days per week.
- **Climb up the stairs** as much as you can, think of it as an opportunity to be active.



- Use **household chores** as a way to be more physical activity.
- Join in an **online exercise** class or make up your own routine to music you enjoy that uses the major muscle groups and raises your heart rate.
- Do some muscle strengthening activities such as **lifting weights** or simply use your own body weight and do sets of **press ups, sit ups and squats**.
- Make time for fun, such as **dancing** to music



# STRESS MANAGEMENT



*Managing **stress and anxiety** is an important tool for every day life  
Anxiety can be the result of stressful situations or clinical disorders.  
Stress and anxiety can overlap, but differ in the duration and intensity.  
**Learning tools** to cope with stress and anxiety is very imperative during stressful events in life.*



# TOOLS TO MANAGE STRESS



- It is normal to feel sad, stressed, confused, scared or angry during a crisis.



## **Talking to people**

you trust can help. Contact your **friends and family**.

- Don't use smoking, alcohol or other drugs to deal with your emotions.
- Make **"me" time**. Set aside time every day for your kids to do something for themselves or have quiet time in their rooms, and during this time, treat yourself to something that will help you relax.

- Eat your favorite snack(healthy), or watch a new episode of a TV show whatever it is that will help you unwind.
- Limit your time on social media and watching the news constant exposure to the worries over COVID-19 can be harmful.



- Plan activities like **puzzles**, classes online, playing indoor games, **reading books**, **creative art making**, **dancing**, are great ways to spend time during isolation.
- Managing stress and anxiety is crucial for getting **enough sleep**—and getting enough sleep is crucial for just about every other aspect of your health.

- **Yoga and meditation** are great tools for managing stress, and they can be done in a small space; check to see if your local studio is streaming guided classes.
- Practice mindful **meditation** for 15 min eg - guided meditation, zen meditation
- Practice **pranayama** to keep a healthy mind body soul connection, It also helps to expand your lungs and build immunity. Very powerful practices to name a few nadi sudhi, ujjai breathing, Brahmari, sitali pranayama, kapalabathi.

# Ahara



In addition to ***Nutrition, Physical activity*** and ***Stress management***, it is also important to screen for any possible nutritional deficiencies. Contact a **Health Practitioner** at Ahara for guidance.

*Ahara is a group of **Qualified Registered Dietitians and Health Coaches** who will be able to help you with a comprehensive program consisting of customized diet plans along with an integrated health strategy targeted to manage/reverse diseases and enable a healthy lifestyle.*



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