



Primary Care Dietitians' Association

*Blending the Science of Nutrition and the Art of Food*



## HYDRATION AND NUTRITION TIPS AS YOU RECOVER FROM COVID-19

Drink fluids at least every hour

Eat 6 times a day

Choose foods high in protein (meats, dairy, nuts/seeds, eggs, legumes)

Add generous amounts of high energy foods (avocado, butter, margarine, sour cream)

Consider using oral nutritional supplements

Try adding extra spices or citrus if you have lost your sense of taste

Speak to a Registered Dietitian for more ideas