

## Nutrition and Hydration Quick Facts for COVID-19 Patients

[https://www.nutritioncare.org/uploadedFiles/Documents/Guidelines\\_and\\_Clinical\\_Resources/COVID19/COVID19%20Patient\\_Nutrition%20Quick%20Facts.pdf](https://www.nutritioncare.org/uploadedFiles/Documents/Guidelines_and_Clinical_Resources/COVID19/COVID19%20Patient_Nutrition%20Quick%20Facts.pdf)

Even though you may not be thirsty or hungry, it is important that you continue to eat and drink fluids to support your body's ability to fight the virus and support your body's immune function.

### *Nutritional requirements:*

- Fluid: about 3 quarts (3 liters) of fluid per day
- Calories: 2000 - 2500 calories per day
- Protein: 75 - 100 grams per day

### *Drink fluids every hour:*

- **At a minimum, you should drink 2-4 ounces of fluid every 15 minutes.** The optimal fluids to drink are clear liquid beverages with calories and protein, oral rehydration solutions or sports drinks.

### *Eat a high calorie, high protein diet:*

- **Try eating 6 times a day, every 2-3 hours.** Eat even if you are not hungry.
- Calories are important to protect against breakdown of muscle for energy. Due to the increased stress from COVID-19, you need more calories than your normal diet.
- **Try to eat 75-100 grams of protein per day** which is 10-14 ounces of a protein source. Good protein sources are: peanut or nut butters, milk, eggs, yogurt, cheese, meat/fish/poultry, protein shakes.
- **Due to decreased appetite, now is not the time to restrict calories.** Eat nutrient-dense foods. Drink fruit juice, milk or other calorie-containing beverages.
- **Double or triple the portion sizes of added fats and oils** (butter, margarine, cream cheese, sour cream, and avocado).
- **Try using liquid nutritional supplements** (available in grocery stores and drug stores) between meals to increase your nutrition intake.
- **Eat small amounts frequently.**

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