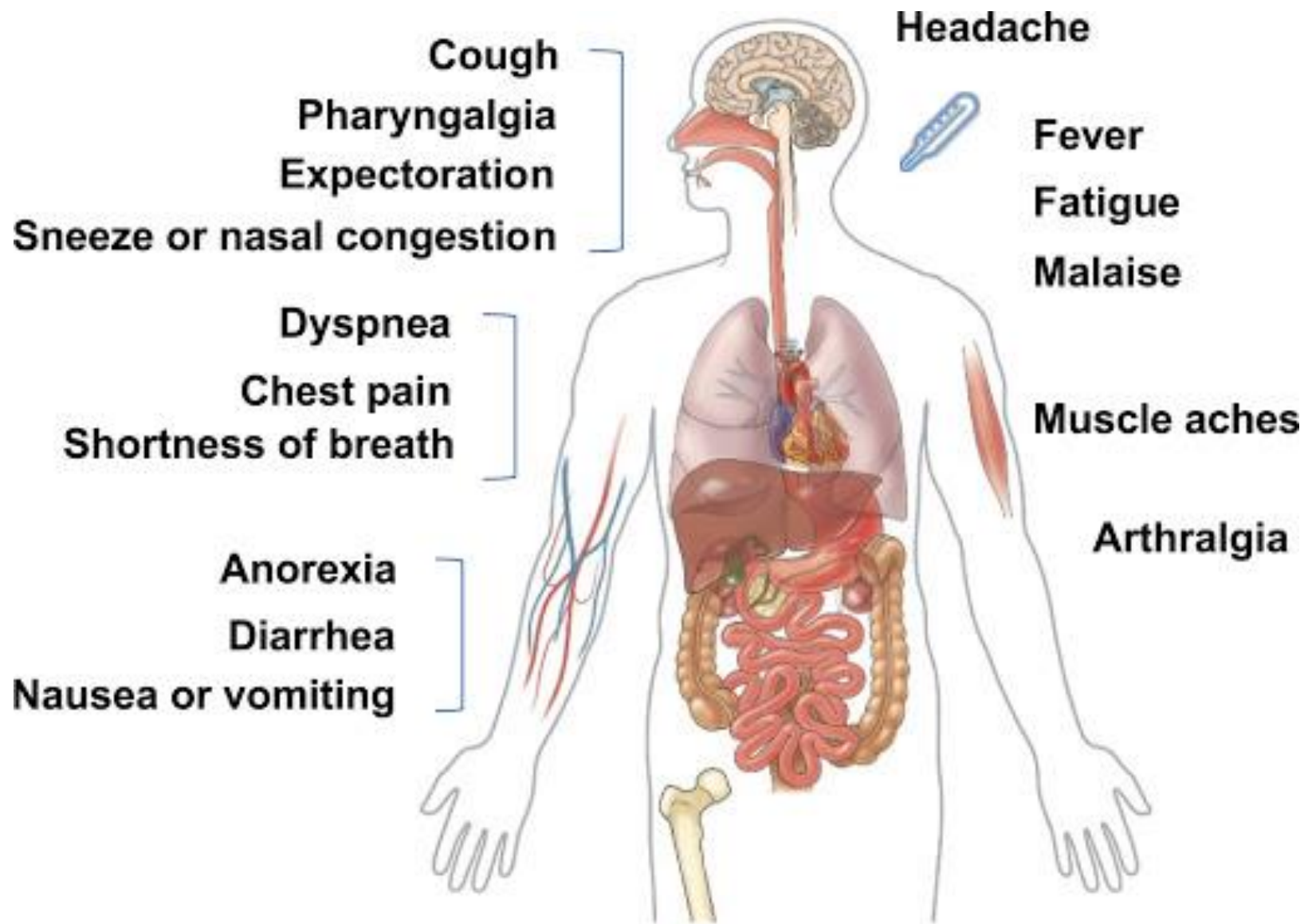


Eat Well, Live Healthy during COVID-19 Pandemic

Zhaoping Li, MD, PhD
Professor of Medicine
Director , Center for Human Nutrition
David Geffen School of Medicine

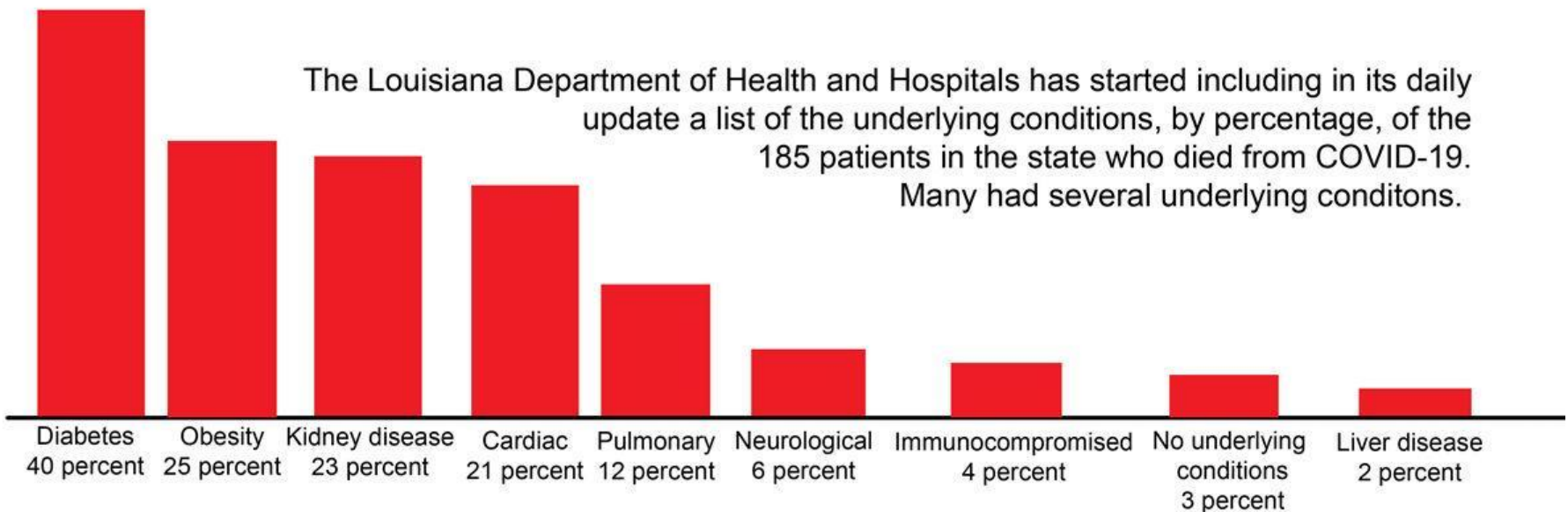




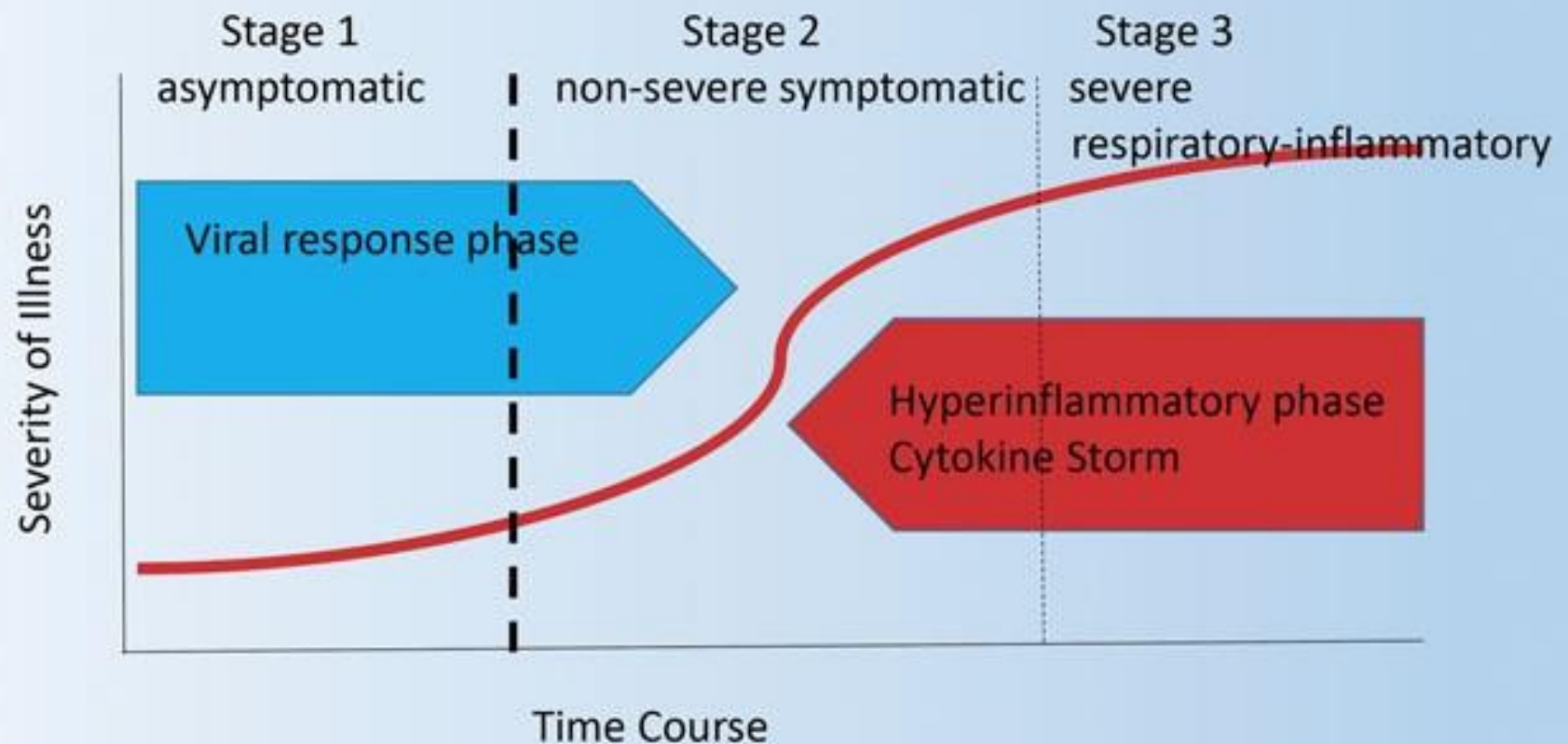
Clinical symptoms

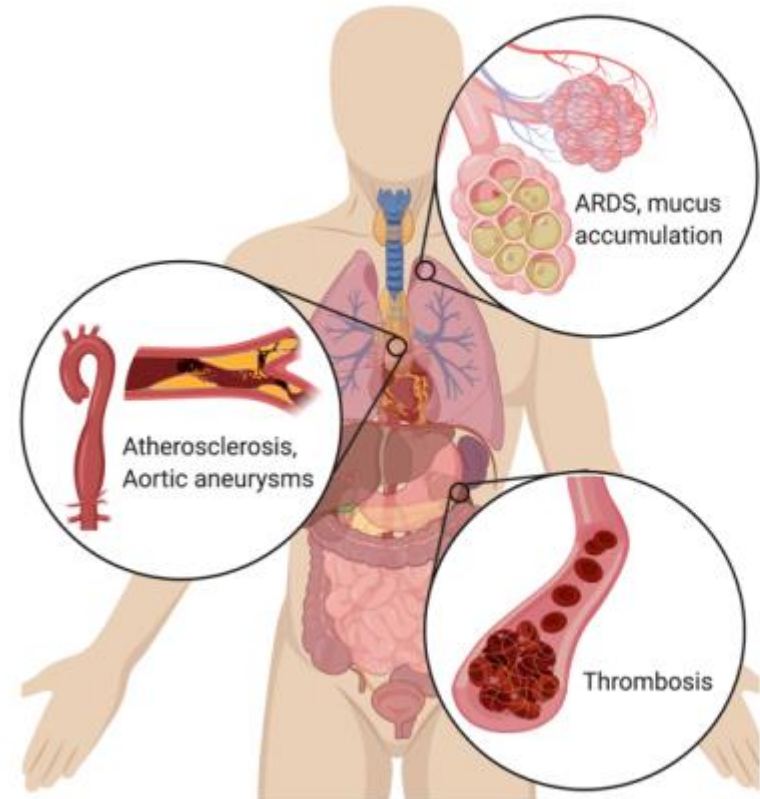
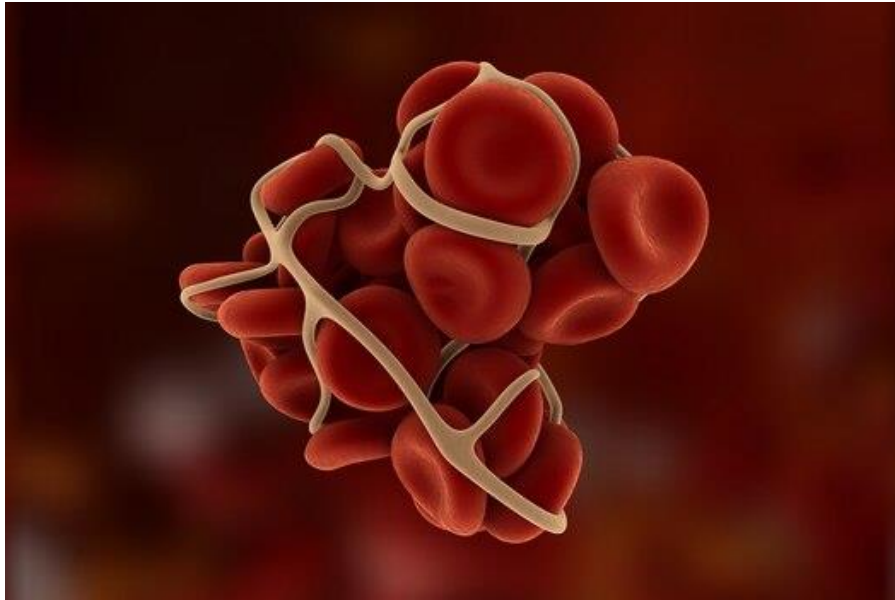
***Nearly All Patients Hospitalized With Covid-19
Had Chronic Health Issues, Study Finds***

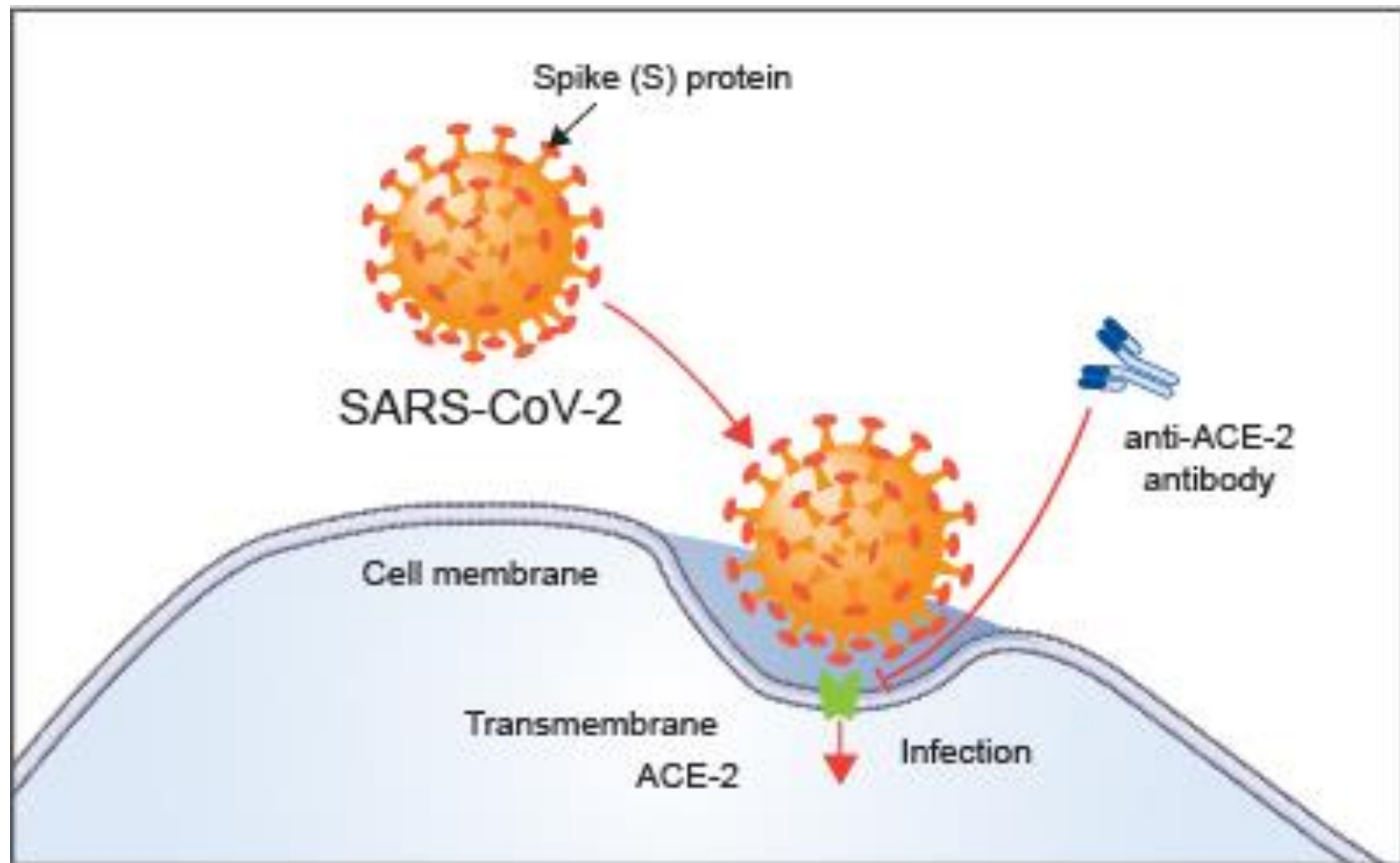
What helps COVID-19 kill us

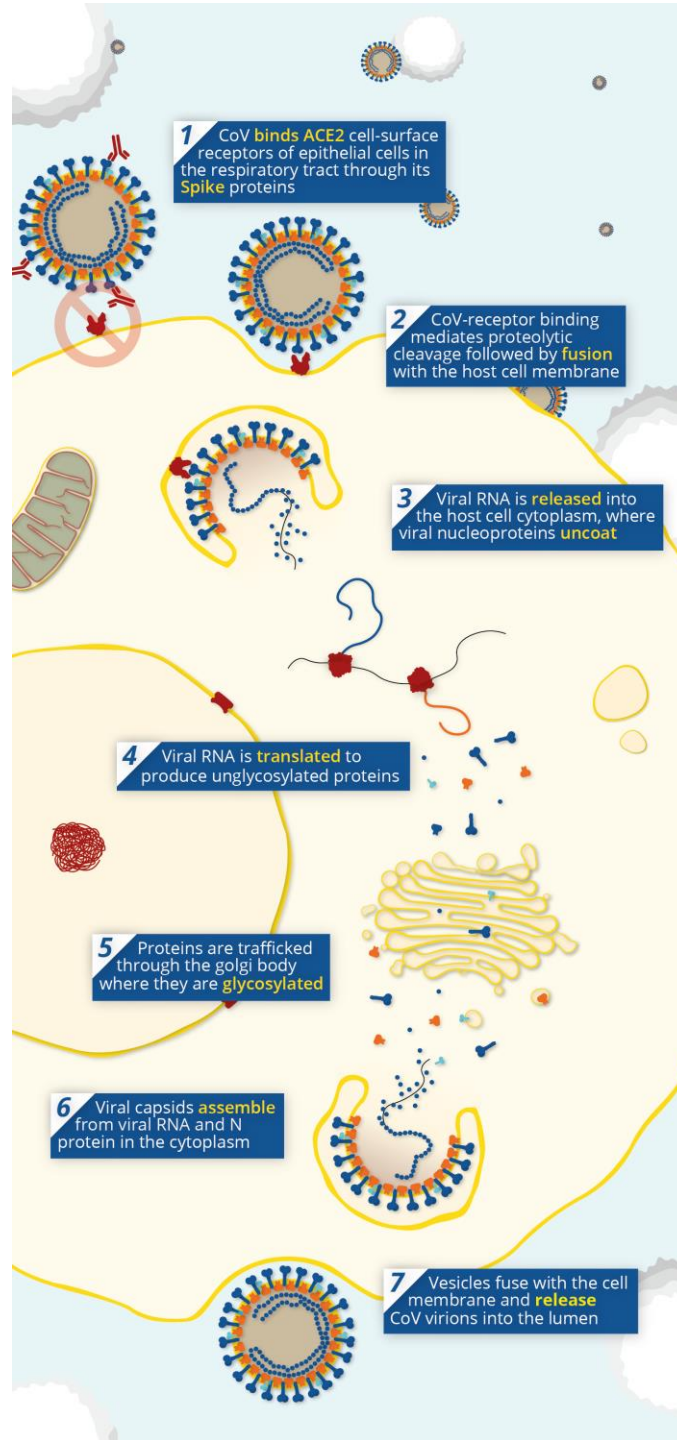


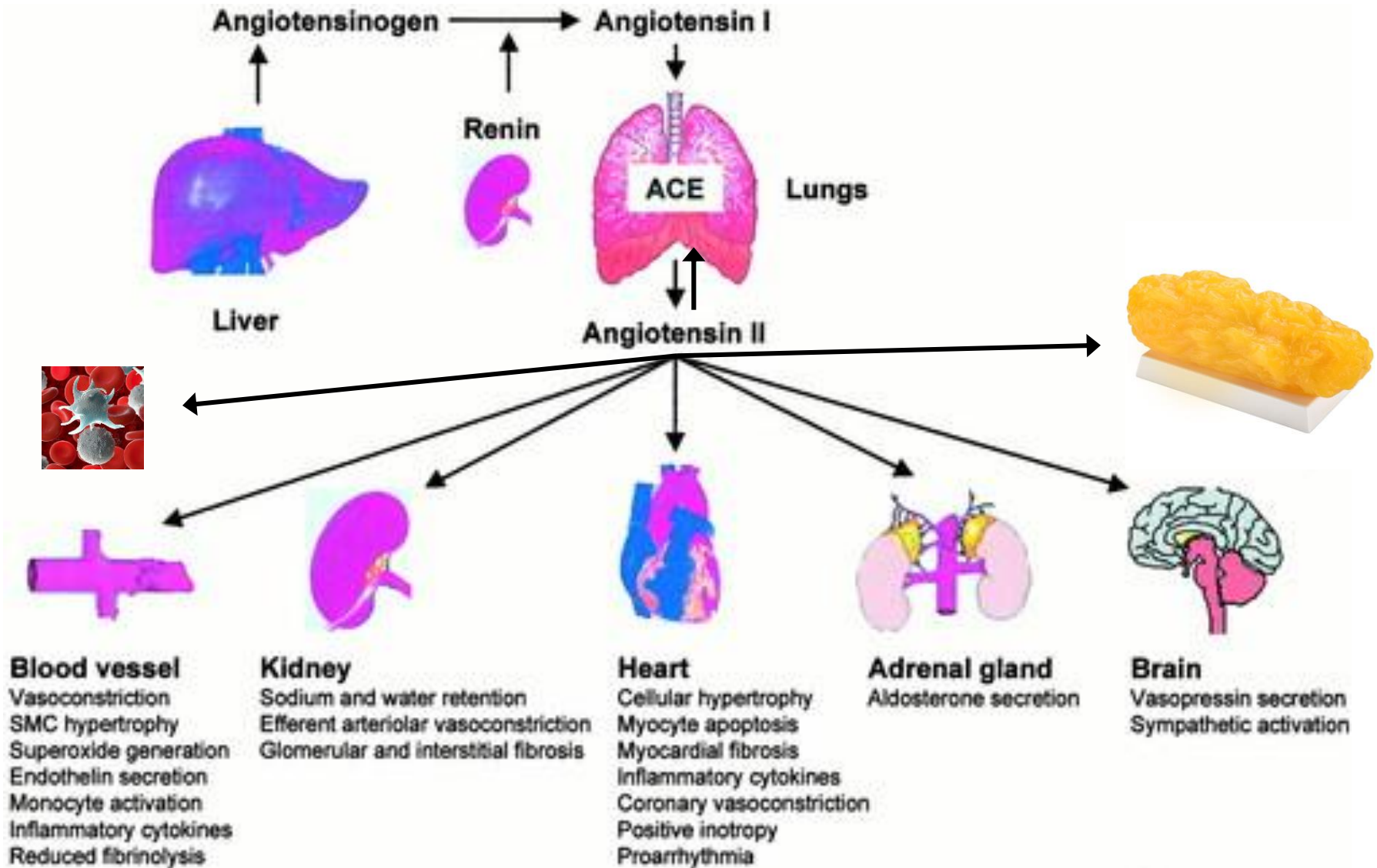
Course of COVID-19 Infection

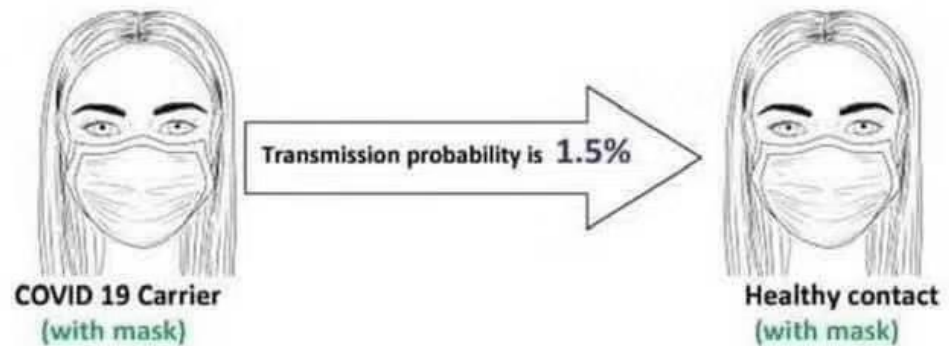
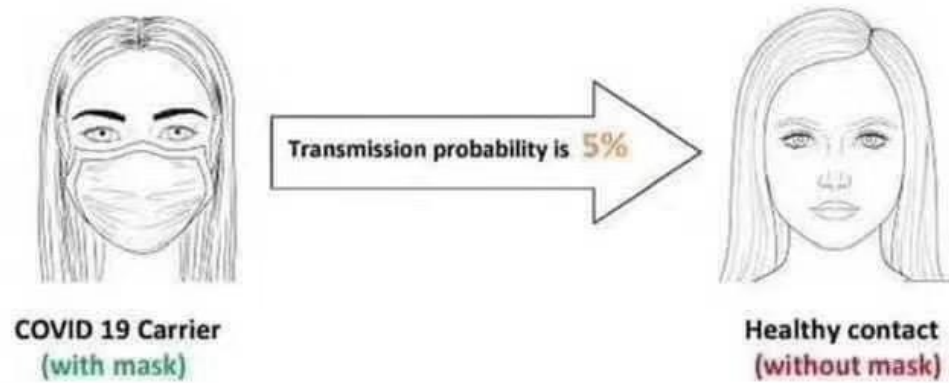
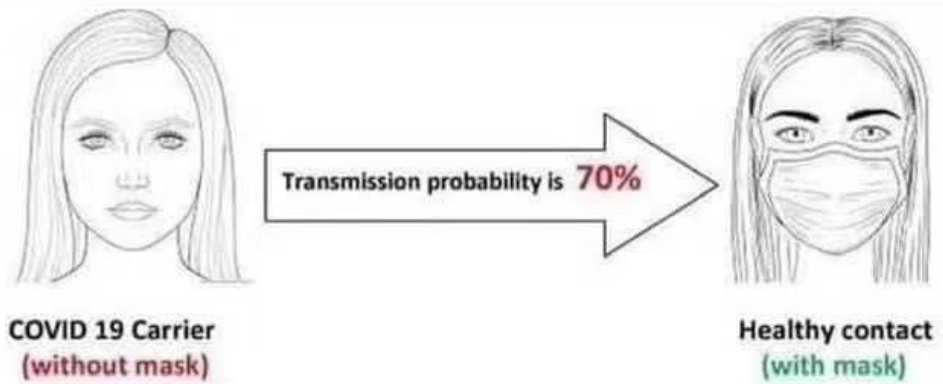










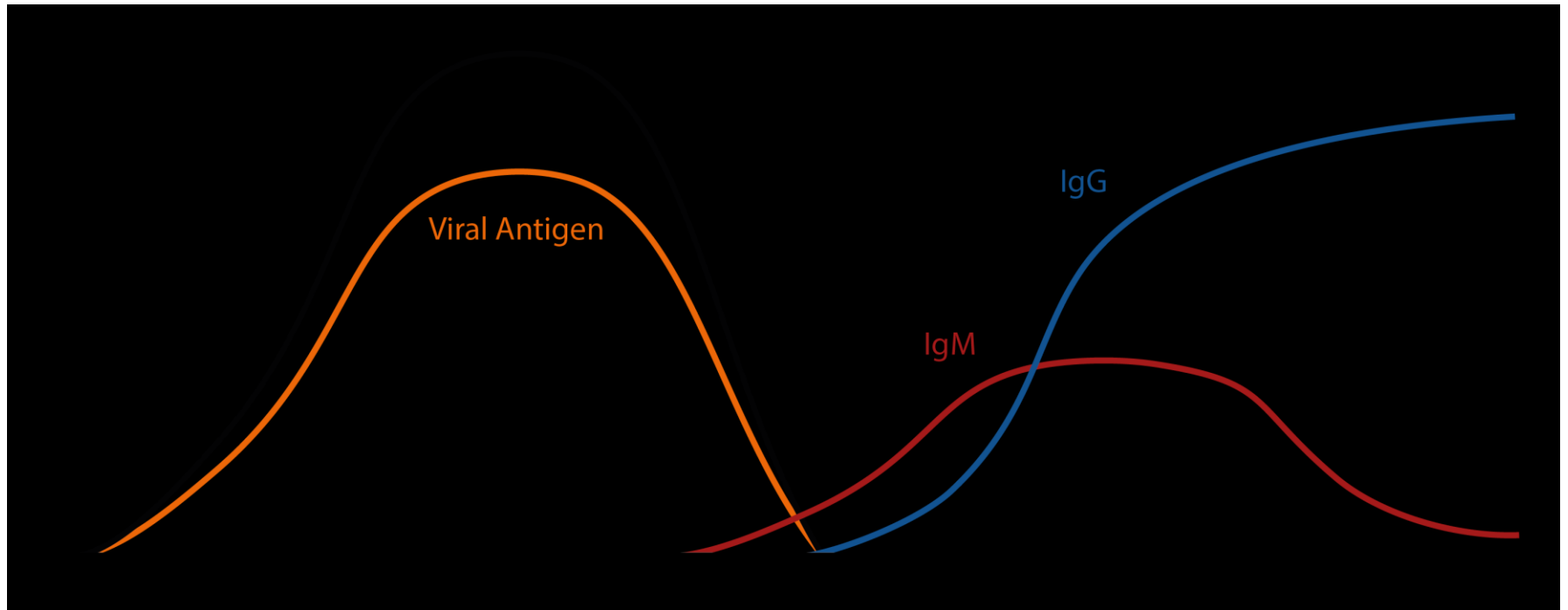


PLEASE REFUSE TO RELATE CLOSELY WITH ANYONE NOT WEARING A FACE MASK.

ANY TYPE OF FACEMASK WILL DO

Food Safety

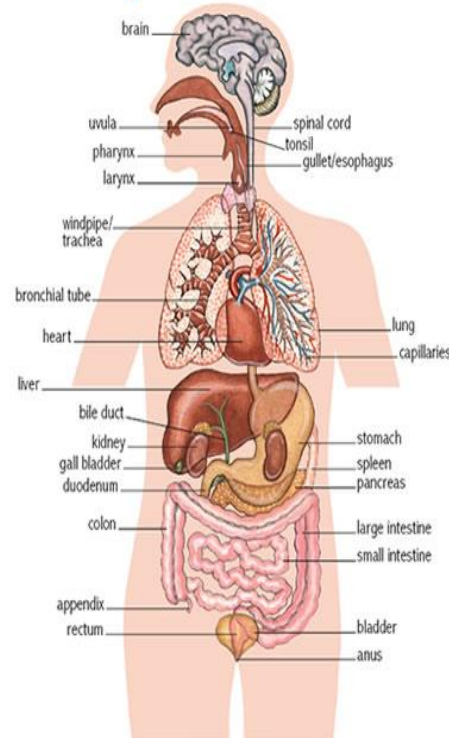




Protein

- Provides the building blocks for most of the body's tissues, nerves, internal organs
- Essential to improve immune system
- Used to make neurotransmitters

the internal organs



Protein



Chicken



Fish



Turkey



Eggs



Legume



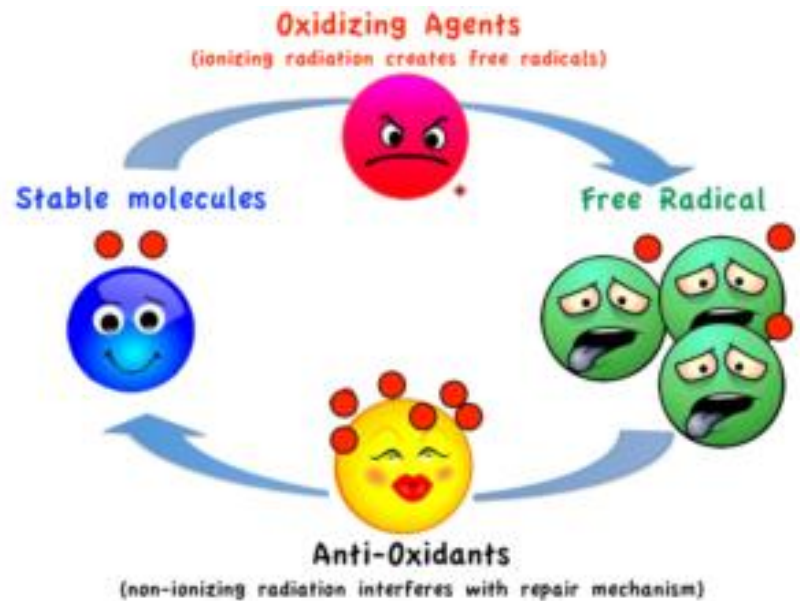
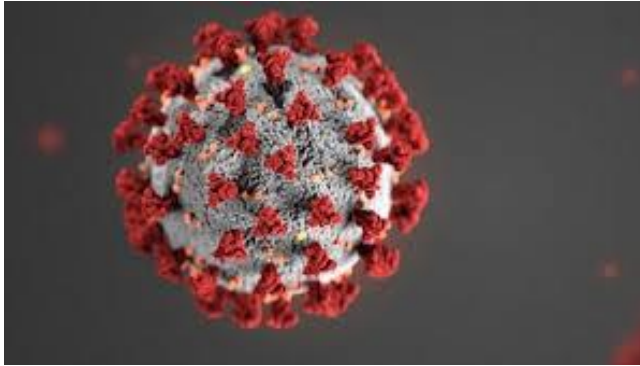
Protein Powder

How much?

- Goal: >20g per meal
- Half animal+ ½ plant based



Coronavirus Pandemics



Sources of Antioxidants

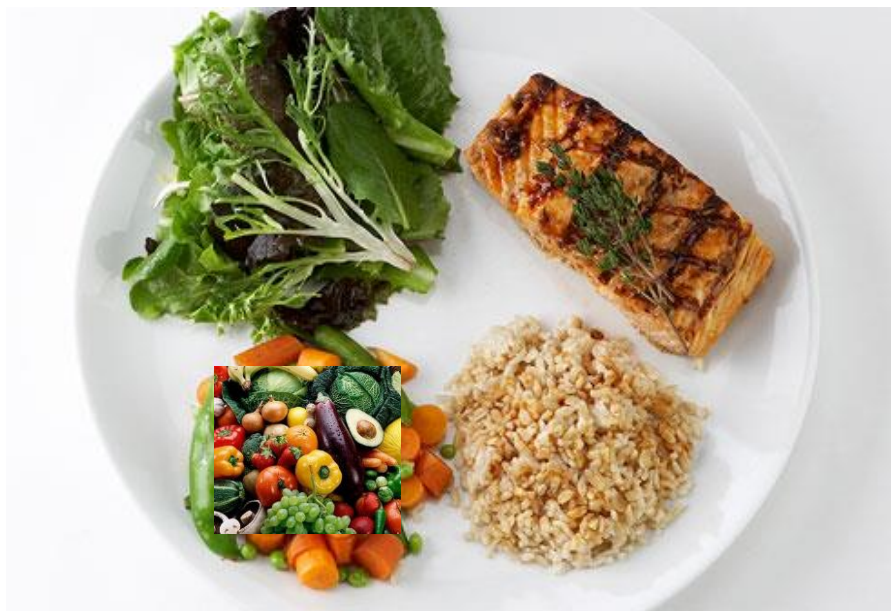


Colors Represents Nutrients



- Carbohydrates
- Vitamins
- Minerals
- Phytonutrients
- Fibers
- Prebiotics

Healthy Meals



These have some evidence for cold/flu, but COVID-19 is a different condition and applicability is unknown.



Vitamin C



Vitamin D

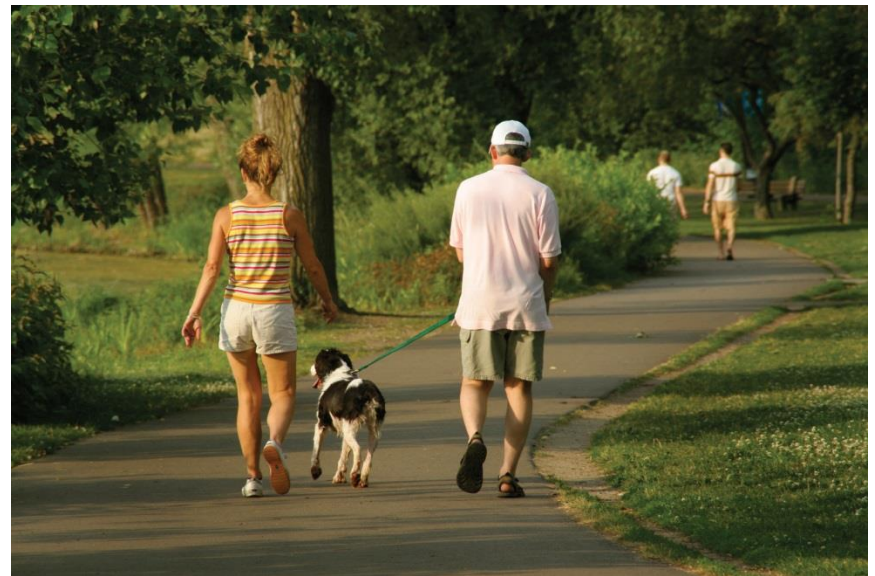


Zinc lozenges

Stress eating



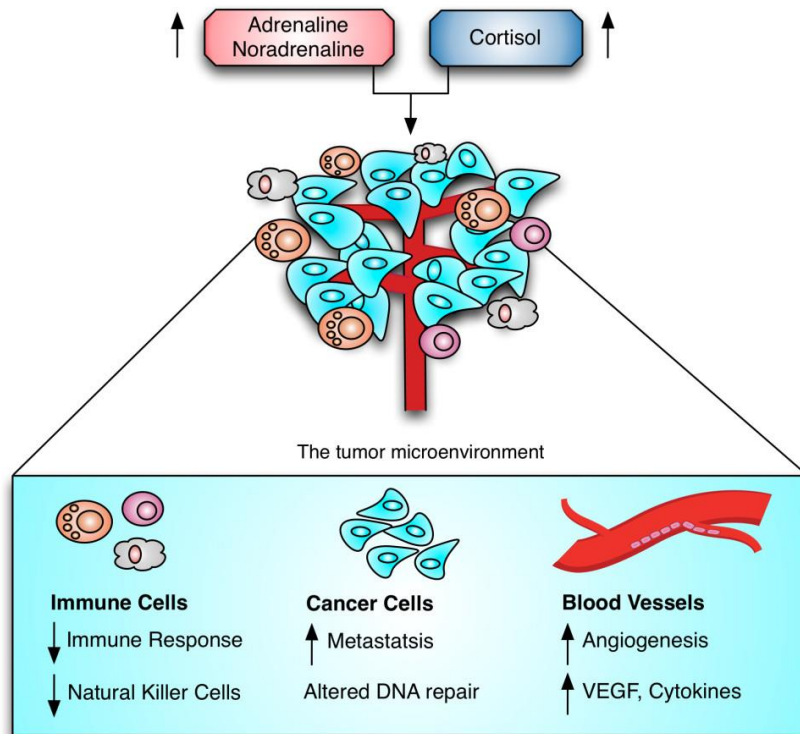
Stay Active!



Sleep well!



Reduce stress!





U: unlimited vegetables

C: controlled starch/fats

L: lean protein

A: activity

Clinicalnutrition.ucla.edu

Center for Human Nutrition

- UCLA Medical Weight Management Program (RFO)
- Clinical Nutrition Clinic

Tel: (310) 825-7921 – Clinical Nutrition

Tel: (310) 825-8173 – UCLA MWMP (RFO)

Website: <https://www.uclahealth.org/clinicalnutrition/>

The Experts Weigh In

Tuesday, April 14 at 3pm	<u>The Inflamed Body</u>	Vijaya Surampudi, MD, MS
Tuesday, April 21 at 3pm	<u>Activity for Weight Loss</u>	Lauren Lemieux, MD
Tuesday, April 28 at 3pm	<u>Eat Well, Live Healthy During COVID-19</u>	Zhaoping Li, MD, PhD
Tuesday, May 5 at 3pm	<u>Food: Necessity, Habit & Addiction</u>	Michael Garcia, MD

