

اصول تغذیه در پیشگیری از بیماری (COVID-19)



با تغذیه صحیح و تقویت سیستم ایمنی می‌توان به پیشگیری از ابتلای به بیماری کمک کرد. رعایت دستورات زیر در شرایط خاص به افزایش قدرت ایمنی بدن کمک می‌کند:

- به منظور افزایش سطح ایمنی بدن روزانه از منابع ویتامین C شامل انواع میوه‌ها و سبزی‌ها از جمله سبزی‌های برگ سبز مانند سبزی خوردن، انواع کلم، گل کلم، گوجه فرنگی، جوانه گندم، انواع مرکبات، کیوی و دیگر میوه‌ها ی در دسترس استفاده کنید.
- با توجه به این که پیاز خام حاوی ویتامین C است می‌توان به صورت روزانه همراه با غذا استفاده نمود.
- در تهیه سوپ یا آش از شلغم که حاوی ویتامین C می‌باشد استفاده کنید.
- با توجه به نقش ویتامین A و E در تقویت سیستم ایمنی بدن ، روزانه از منابع غذایی این دو ویتامین استفاده کنید. منابع حیوانی ویتامین A بیشتر در جگر، قلوه، زرده تخم مرغ، شیر و لبنیات پر چرب و کره وجود دارد. پیش ساز ویتامین A هم در میوه های رنگی و سبزیجات زرد و سبز نظیر فلفل های سبز ، زرد و نارنجی و قرمز ، اسفناج، کاهو، هویج، کدو حلواپی، زرد آلو طالبی، موز، انگور، خربزه، خرمالو و انواع مرکبات و انبه است. انواع روغن‌های مایع مانند کانولا، آفتابگردان و ذرت ، کنجد و زیتون از منابع این ویتامین به شمار می‌آیند. انواع آجیل (فندق، بادام، گردو و پسته، بادام زمینی)، اسفناج، کلم پیچ، سویا و سیب زمینی نیز دارای مقداری ویتامین E هستند.
- از خوردن غذاهای چرب و شور مانند انواع تنقلات شور، انواع کنسروها و انواع سوسیس و کالباس، غذاهای چرب و سرخ شده به دلیل تحریک سیستم ایمنی بدن خودداری کنید.
- با مصرف منابع غذایی حاوی ویتامین D (ماهی‌های چرب، لبنیات و زرده تخم مرغ) به افزایش سطح ایمنی بدن کمک کنید.
- جهت تقویت سیستم ایمنی بدن روزانه از منابع غذایی حاوی آهن و روی (جگر ، گوشت قرمز، مرغ و ماهی، تخم مرغ، انواع سبزی، میوه های تازه و خشک ، انواع مغزها و حبوبات) استفاده کنید.
- روزانه از منابع غذایی ویتامین های گروه B مانند انواع سبزی های برگ سبز و میوه‌ها، شیر و لبنیات، انواع گوشت‌ها و زرده تخم مرغ، غلات سبوس دار، حبوبات مانند نخود و لوبیا، عدس باقلا و لپه و مغزها (پسته، گردو، فندق، بادام و بادام زمینی) جهت ارتقای سیستم ایمنی بدن استفاده کنید.
- مصرف ۶ تا ۸ لیوان آب آشامیدنی سالم و یا سایر مایعات به صورت روزانه توصیه می‌شود. نوشیدن مایعات به اندازه کافی و فراوان به حفظ ایمنی بدن کمک می‌کند.
- اجتناب از مصرف غذا در بیرون از منزل . غذاهای بیرون از منزل بهداشتی دقیق تهیه نشده و نمک و چربی اشباع و ترانس بالایی داشته باشد که سبب تضعیف سیستم ایمنی بدن خواهد شد.



گردآوری و تدوین:

شبکه بهداشت و درمان شهرستان نوشهر

واحد بهبود تغذیه جامعه

Inside Story Headline

This story can fit 150-200 words.

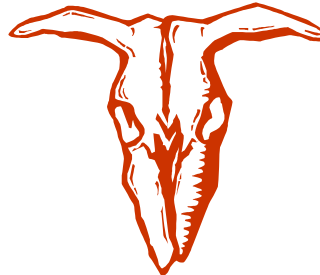
One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter

is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research arti-



Caption describing picture or graphic.

cles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic

trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be

out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.



Caption describing picture or graphic.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Caption describing picture or graphic.

Business Name

Primary Business Address
Address Line 2
Address Line 3
Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com



Organization

**Business Tagline or
Motto**

We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

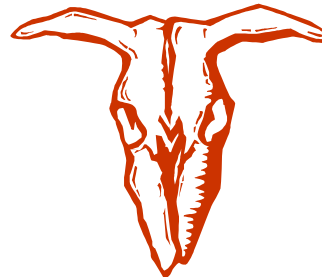
If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a per-

sonal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms



Caption describing picture or graphic.

of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.