

COVID Diet Plan

What is balanced diet?

It's not important what you weigh outside in the super market/ Kirana shop, but weigh what you eat, then you are eligible to eat. **"Swadharmo Sheryaha"**

For having robust immunity, management of calories is must.

The high calorie diet put extra load on enzymes demand, this slows down the immunity and similarly very low calorie diet pushes the system in tum weak nutrition system and resulting in to lowering immunity. So moderation w.r.t to calories is very important.

The average daily calorie requirement for an "Inactive person" is 1700 kcal.

The average daily calorie requirement for an "Active person" is 2000 kcal.

The average daily calorie requirement for an "Very active person" is 2200 kcal.

1 gram of Carbohydrates and Protein will give 4 kcal of energy

1 gram of Fat will give 9 kcal of energy

The sum of 1700 kcal should be from Good carbohydrates, good fats and good protein.

Good fats are called as "anti-inflammatory eicosanoids, rest all are called inflammatory eicosanoids .During Covid period inflammation (Cytokine) is very high. We should take anti-oxidant oils. Anti-inflammatory fatty acids are called Omega3 fatty acids which are very rich in safflower oil, flax seed oil and Extra Virgin Olive oil.

Good Protein:

Protein in the form of Non-Veg at time contaminated with anti-biotic, growth promoters, estrogens and hormones, which lowers the immunity.

Hence Vegetarian source protein from pulses and Legumes considered to be good. Because they regulate blood glucose, there by healthy insulin response. Healthy immune response means more IGF-1, which controls inflammatory response during Covid-19. Proteins and Fats are only building blocks of cells. It is very important to check the quality of protein and fats that we intake.

Every day 70 grams of finished protein is must to lead a healthy life. Remember the word "finished protein" which means the protein which is readily absorbable by the body. One important thing to note that protein conversion is low due to lack of enzymes, so it is essential to supplement with essential amino acids.

For 70 grams of protein 35 grams of Amino Acids which equals to 140 kcal must be supplemented and equivalent calories to be deducted from calories meant for protein. This improves immunity rapidly, for those having weak lungs along with Essential Amino Acids, Branched Amino Acids also must. Taking a super digestive enzyme

complex before every meal for intracellular detoxification. Enzymes such as Amylase protease, Lipase, Papain, Bromelain can be supplemented.

Sample Calculation:

For having a high fat (unsaturated fats) diet and low carb (with fibre) with following composition is preferable during these time and of course it can be followed whole life for healthy living.

Calculation for 1700 kcal diet. Consisting of 54% fat, 23% protein and 23% carbs

54 % of 1700 kcal = 918 kcal = $918/9 = 102$ grams (approx. 100 grams)

23 % of 1700 kcal = 391 kcal = $391/4 = 98$ grams (approx. 100 grams)

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If a person wants to reduce the 1 kg of body weight, then 300 kcal per day if you want to reduce weight of 1 kg at the end of the month (1 kg fat equal to 9000 kcal. Plan your program to reduce the weight in a span of 30 days. Which keeps the system healthy and robust and you will never increase weight rapidly).

So 300 kcal must be reduced in daily calorie intake. If by practicing 1 hour of Zero resistance/ Medium resistance 150 kcal burnt and remaining 150 kcal shall be reduced in carbohydrate intake. For fat to be quickly dissolved, relaxed state of mind & body is must. During relaxed and rest state the process of burning fat is called 'Beta-Oxidation' most efficient way.

So plan your meal accordingly

Breakfast:

Fruit and herbal tea in the morning. Fruit will restore enzymes which helps in detoxifying the cells. Citrus fruits like apples, oranges, Kiwis, papaya can be consumed. No other breakfast is allowed including milk Tea/coffee.

Lunch and dinner: Twice a day this is the correct balance for to stay healthy.

- 50 gm carbohydrates (*fibre rich*)
- 50 gm fat (*from the above list of oils*)
- 50 gm legumes and lentils together

The vegetables must have negative calories like green leafy vegetables Courgettes, celery, lady fingers, green turnips, cabbage, cauliflower, carrots, beetroot, tomatoes are good, best to avoid potatoes as it contains starch.

Legumes include:

- Adzuki beans, Anasazi beans, Black beans, Lima beans, Kidney beans, Fava beans, Pinto beans
- Black-eyed peas, Chickpeas, Lentils, Split peas

Do not dump food in your body. Eat clean proteins only, because defective protein from meat will only create defective cells in the body, which we are trying to repair and replace in the first place.