



ASIA FRESH LTDA. / CHILE

Fresh & dried fruit specialists

www.asiafresh.net

HOW CAN DRIED FRUITS AND EXERCISE HELP TO STAY FIT AND REDUCE SUSCEPTIBILITY ON CORONAVIRUS – FLU EPISODES:

Prepared by Pablo Escalona B / Agricultural Engineer.

04/03/2020

Apart from wearing a mask in crowded places, washing your hands and using hand sanitiser, what can we do to stay healthy during lately reported worldwide sanitary episodes?

Specialists underline the need for a healthy diet, maintaining personal hygiene and getting good rest to boost your immune system.

Focusing on diet and alimentary issues, the general recommendation by one expert, would be to boost your immune system with vitamin C, vitamin D and zinc, decreasing the risk of catching any contagious disease.

Try to get your vitamin C in its natural form, adding citrus fruits such as oranges, grapefruit and kiwis, as well as guava, bell peppers and broccoli, all being good sources.

Suitable zinc sources are oysters, poultry, fortified breakfast cereals, beans and nuts.

Including other dried fruits such as raisins and prunes would equally fortify your body, consume them on daily basis just straight as a snack or in preparations, dishes, with cereals, fruits and yogurt.

Include all family members, especially younger and elderly who usually need more reinforcement.

Dried fruits and nuts are the perfect "crisis" friendly foods, they can be kept for considerably periods on eatable status, take advantages of their semi perishable characteristics, reducing shopping frequency and exposure to congested places.

Finally, maintain training, keep moving, as a stronger and fitter body is less susceptible to virus type of diseases, design simple exercise routines that can be practiced on confined spaces.