

## UGM Nutritionist: Healthy Eating May Prevent Covid-19

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The Covid-19 pandemic struck almost all countries in the world, including Indonesia. Besides keeping a social distance within interacting, maintaining personal and environment hygiene by eating healthy and nutritious foods can protect the body not to get infected with the virus.

UGM Nutritionist, Dr. Toto Sudargo., SKM., M. Kes., said that healthy food is essential in boosting the immune system. "The high nutritional value of the food we consume can protect the body from viruses and allergies," Toto said when on Saturday (3/28).

The Head of the UGM Health Nutrition Department added that food consumption greatly influenced a person's stamina. When a person's endurance is not in good condition, his immune system decreases so that he is more susceptible to disease, although food is not the only way to ward off the virus through immunity. "Another way is exercising, maintaining personal hygiene, and having enough drinking," he said.

According to him, regarding food, the body needs at least 2,150 calories a day. If you eat three meals a day, you need at least 700 calories for each meal. If it's because of that, he encourages someone to eat on time. Especially for breakfast, don't be late. "Our stamina goes down in the morning because our sugar levels drop below normal, so we have to have breakfast or breakfast," he

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Every food we consume will supply nutrients for the body, especially the need for protein and vitamins that can protect the body in fighting disease. "Rice indeed has protein, but it requires a variety of foods by eating lots of vegetables," he said.

He also encouraged people to consume fish; people can eat any fish because it contains a lot of protein sources. He gave an example of mackerel, which is very cheap; according to him, it has abundant protein, especially in small size, which will increase the amount of calcium because bones and meat will consume it. "Per 100 grams of fish has 32 grams of protein. The smaller the fish, the better because we will eat it all so that the calcium content is higher. Almost all fish have high levels of protein," he said.

According to him, protein contributes around 75 percent to the immune system, and its function is to replace damaged cells, form hormones, and reject incoming viruses. However, not only within fish, but protein sources also have vegetables and fruits. "Sources of protein are in animals and vegetables," he said.

According to him, eating tempe and tofu and added vegetables are also very good for body health because both of these foods contain pro-vitamin A, which is very supportive of the immune system. "Moreover, being able to consume fruit such as papaya is very rich in vitamin A," he said.

According to him, Vitamin A and vitamin C are excellent for the skin, stomach, intestines so that the virus can not penetrate. The source of this vitamin contained in vegetables such as carrots, broccoli, and paprika. While for the fruit, it existed within papaya, banana, orange, and guava. The local fruits that contain lots of vitamin C are cherries or better known as talok. "From our research, in 100 grams of vitamin C content reached 98 percent, quite high," he said.

In addition to consuming healthy food, work, and worship activities at home recommended by the government amid the 19th plague, according to Toto, there should be several physical activities to maintain fitness. He suggests that everyone has a plan for the activities to be carried out while at home, so there is not much silence. "Do work that is fun to mop, sweep, or as such, it can burn calories," he said.

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