



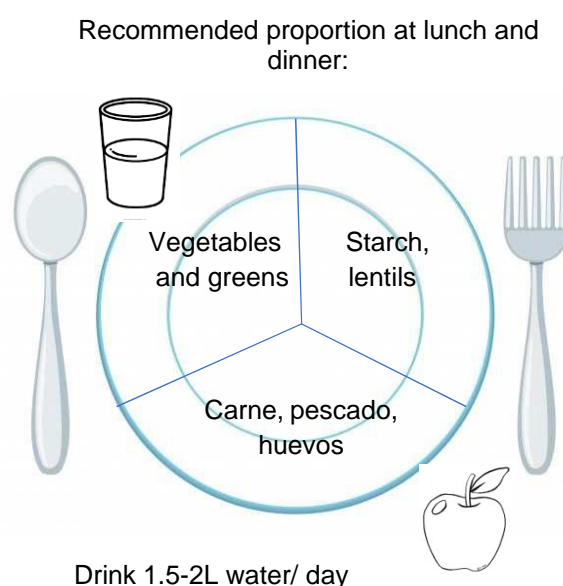
Post-COVID-19 recovery diet

➤ GENERAL RECOMMENDATIONS

- Temporarily, and until they recover their usual mobility (muscle mass and strength), it is necessary to follow a diet richer in protein (dairy products, meat, fish, eggs, pulses).
- It is also important to maintain or start rehabilitation exercises to regain muscle mass.
- It would not be optimal to lose more weight. It is therefore advisable to weigh yourself every week to monitor your progress. In case of weight loss, contact the dietician-nutritionists (phone number - extension XXXX).

➤ DIETARY RECOMMENDATIONS

MEAL	FOODS
BREAKFAST	Dairy product / soya drink + bread + tuna / omelette / boiled ham
MID-MORNING	1 high-protein yoghurt* + 1 fruit
LUNCH	Pasta / rice / pulses (3-4 times a week) / potato Meat / fish / eggs Vegetables / salad Fruit
SNACK	1 high-protein yoghurt* or cottage cheese + 1 fruit
DINNER	Vegetables / salad Pasta / rice / potato Meat / fish / eggs Fruit
SNACK	1 glass of milk/soy drink If protein intake is low, add 2 tablespoons of skimmed milk powder**.



*High-protein yoghurt sold in supermarkets: yoghurts with a protein content of more than 10g/100g of food, e.g. Skyr (LIDL), Yo-Pro (Danone), + Proteins (Mercadona)...

**Skimmed milk powder sold in supermarkets.

Eliminate or limit the following foods to occasional consumption and moderate amounts:

- **SAUSAGES and SWEETS:** *smoked sausage, salami... and pastries, industrial and homemade pastries...*
- **SUGARED DRINKS and ALCOHOLIC BEVERAGES:** *soft drinks, fruit juices, wine, beer...*

In order to ensure protein intake and use, in addition to the recommended protein intake, it is possible to:

Immediately after the rehabilitation exercises, take an extra protein intake: a high-protein yoghurt, milk enriched with milk powder, cottage cheese, tuna sandwich.

If you find it difficult to chew and/or swallow meat and fish, you can eat it in minced form or in soft preparations such as cannelloni, meat pies, puddings, omelettes...