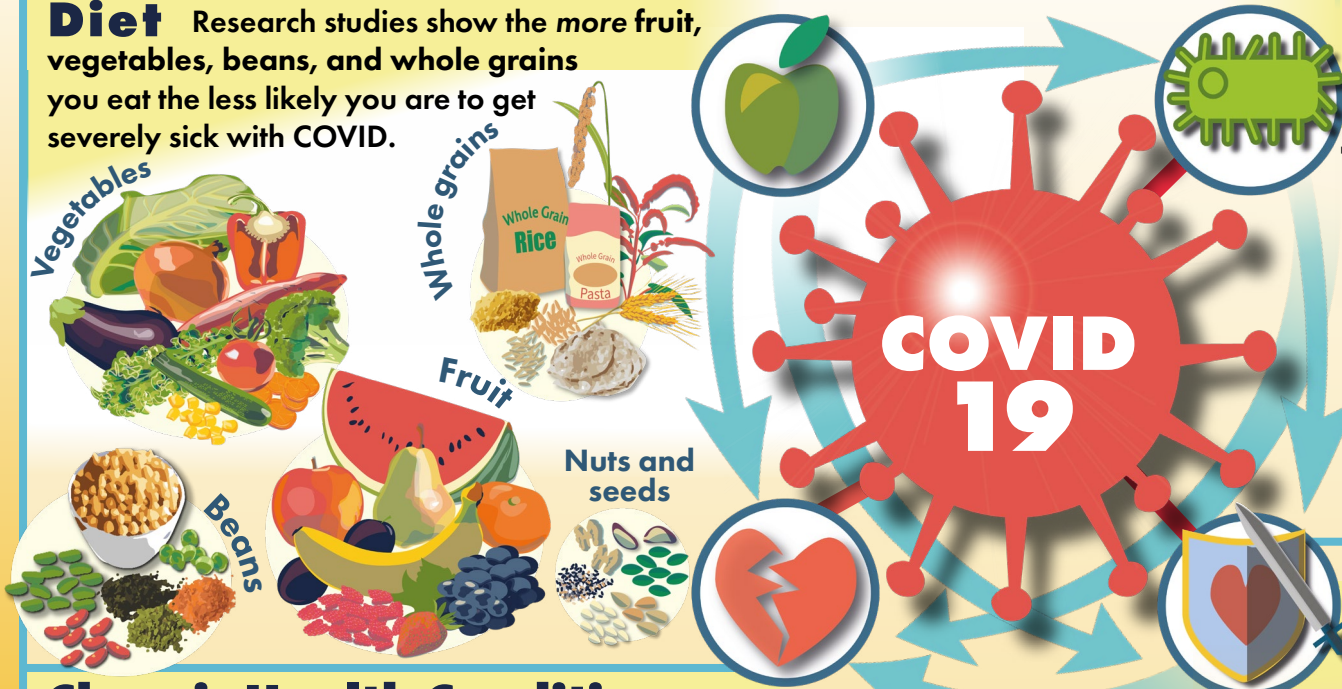


Nutrition, Immunity and COVID 19

Worldwide, the shadow of COVID has been lifting, however, it will likely never completely go away. We outline some of the factors that contributed to its dramatic impact, offer insights into how we may improve outcomes from this disease as well as look after our health and immune system.

Diet Research studies show the *more fruit, vegetables, beans, and whole grains* you eat the less likely you are to get severely sick with COVID.



Microbiota

Trillions of micro-organisms live in our gut to digest our food: they are called **microbiota**.

They can be...



Eat plants & fermented foods feed the **good** microbiota



Eat meat, animal products and ultra-processed foods feed the **bad** bacteria = gut inflammation leading to

Fight off infection

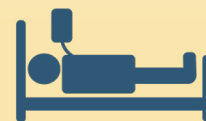
Poor immune defences

Immunity

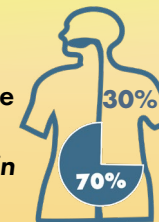
A healthy immune system is essential to protect us from infections such as COVID.

Chronic Health Conditions

Obesity, type II diabetes, heart disease, high cholesterol and high blood pressure have been shown to make it **more likely to get severe COVID infection, and end up in hospital or ICU and even to die from the infection. A healthy diet has been proven to reduce your risk of these chronic conditions.**



70% of the Immune system is in the gut.



Healthy plant foods strengthen the immune system.



Vitamin D and B12 are essential to support your immune system.



Societal effects

Intensive animal agriculture brings *infections* from animals to people:



Over **50%** of infectious diseases came from animals, and **3 of 4** new emerging types of infectious diseases come from animals.
Eat Plants – not animals.

