A healthy diet is important to keep your immune system working at its best. There are no single nutrients, vitamins, minerals or natural health products to fight against COVID-19. **Proper hand hygiene** and **physical distancing** are essential to fight against COVID-19.

- Healthy eating and staying hydrated is important to protect against illness, regardless of age.
- Make sure you are eating and drinking regularly, even if you have a low appetite.
- For older adults, include **protein foods** at each meal and 1 snack to maintain strength and a healthy immune system.
- Use the [Eat Well Plate](https://www.canada.ca/en/health-canada/services/food-nutrition/eat-well-plate-system.html) from Canada’s Food Guide to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Wash your hands frequently when preparing foods at home.
- Disinfect surfaces daily. When cleaning surfaces, use a sanitizing solution.
- Enjoy meals with members of your household except if a family member is self-isolating. Any ill family member should be self-isolating and not be participating in family cooking activities.
- When eating together:
  - Don’t share snacks, like a family popcorn bowl
  - Don’t share drinks, cups or utensils
- When family or friends are separated, consider eating together using video calling if possible.
- **Plan ahead** for groceries and buy enough food to minimize unnecessary trips to the store.
- For grocery shopping, order online with curb-side pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.
- When preparing fresh fruits and vegetables, wash or scrub them under cold, running tap water before eating them.
- If ordering take-out or having home meal delivery, unpack the food and wash your hands before you eat.

For more information about healthy eating please visit: [https://www.albertahealthservices.ca/nutrition/Page2914.aspx](https://www.albertahealthservices.ca/nutrition/Page2914.aspx)

For more tips and advice for family and home life during COVID-19, visit: [https://www.albertahealthservices.ca/news/Page15439.aspx](https://www.albertahealthservices.ca/news/Page15439.aspx)