

## Nutrition in COVID-19 survivors: What are the Complications and how to recover using foods?

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The novel coronavirus, Severe Acute Respiratory Syndrome CoronaVirus 2 (SARS-CoV-2), has spread to many countries since 30 January 2020 and claimed as an emergency global health condition. Age of more than 50 years old, type 2 diabetes, smoking, underlying respiratory disease, cancer, and cardiovascular disease are the most vital risk factors for COVID-19 (caused by SARS-CoV-2). Through boosting the immune function, Nutritional interventions may play a positive bilateral role, either during the treatment process or during the recovery phase of the disease. Furthermore, long-term complications of COVID-19 may be affected by dietary modifications. Inflammation-induced COVID-19 can also exacerbate the relevant complications.

Now, more than ever, conducting a healthy diet enriched by specific vitamins, minerals, and antioxidants reduces the severity of signs and symptoms during illness and after survival. Therefore, this study aims to review the preventing or recovering characters of micronutrients, focusing on changes each one has on the body immune system and dietary interventions in COVID-19 survivors.

### Recent Publications

Mirashrafi S, Hejazi Taghanaki SZ, Sarlak F, Moravejolahkami AR, Hojjati Kermani MA, Haratian M. [Effect of probiotics supplementation on disease progression, depression, general health, and anthropometric measurements in relapsing-remitting multiple sclerosis patients: A systematic review and meta-analysis of clinical trials](#). International Journal of Clinical Practice. 2021 Aug 11:e14724.

### Biography

Zahra Hejazi is Medical [nutrition and dietetics](#) student at Isfahan University of medical sciences, Iran. Her research interests include healthy [foods](#) and diets, diet in [chronic diseases](#) and [nutritional immunology](#).

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