

# CORONAVIRUS NUTRITION GUIDE PART 1.

#stayathome #quarantine #whattoeat



**NAPI TÁPTUDÁS**  
Nutrition. Science.

IN ORDER TO KEEP THE CORONAVIRUS PANDEMIC IN CHECK, STAYING HOME IS THE SENSIBLE THING TO DO. HERE IS HOW TO STOCK UP WITH FOOD TO PREPARE.

## SHOULD I STOCK UP WITH FOOD?

In a reasonable amount, yes, in case you're quarantined for two weeks. Furthermore, going for groceries less frequently does decrease the chance to get infected or transmitting the virus to others.

### 5 TIPS



#### ASSESS YOUR PRESENT SUPPLIES FIRST

Go shopping for food only afterwards, buy only that you don't have (enough) already at home.



#### IF YOU DON'T LIKE IT, DON'T BUY IT

It's not reasonable to stock up on those foods that you would not eat in other circumstances, most probably they will end up in the trash when the pandemic is over.



#### COOK MORE NOW AND FREEZE IT FOR LATER

If you have a large freezer, it's a good idea to cook in bigger amounts and then put some of it in the freezer.



#### DON'T STOCKPILE UP ON SNACKS NOW

If you spend your indoor time with too much snacking, it is easy to gain weight.



#### YOU CAN ORDER HOME DELIVERY

According to the quarantine rules in effect, ordering food for home delivery is allowed.

#### AUTHORS

Andrea Papp, *Nutritionist* (Napi Táptudás)  
Angelika Zsigovits, *Nutritionist* (Smartfood Coach)  
Emese Antal & Róbert Pilling, *Dietitians*  
(Hungarian Platform of Diet, Physical Activity & Health)  
Sándor Meleg, *Dietitian* (Alimento blog)  
Judit Varga, *Director* (Heroes of Responsible Dining)  
Zsuzsanna Szűcs, *Dietitian* (Hungarian Dietetic Association)

TRANSLATOR  
Attila Zsignár

REVISER  
Prof Dr Imre Rurik, *doctor of MTA, university lecturer,*  
*chair of Hungarian Society of Nutrition*

GRAPHIC DESIGN  
Anna Kőfaragó

#### SPONSORS



Hungarian Society  
of Nutrition



Hungarian Dietetic  
Association



Attribution – NonCommercial – NoDerivs

# CORONAVIRUS NUTRITION GUIDE PART 2.

#stayathome #quarantine #whattoeat



NAPI TÁPTUDÁS  
Nutrition. Science.

IN ORDER TO KEEP THE CORONAVIRUS PANDEMIC IN CHECK, STAYING HOME IS THE SENSIBLE THING TO DO. HERE IS HOW TO STOCK UP WITH FOOD TO PREPARE.

## WHAT FOODS SHOULD YOU CERTAINLY HAVE AT HOME?

Habits vary from household to household... Now we address the most important raw materials only, assuming *two weeks per adult of normal weight and omnivorous diet*.

### CARBOHYDRATE

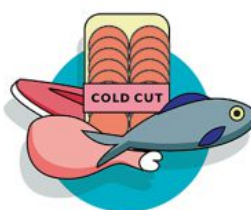


2 KG/person  
baked goods



TOTAL 2 KG/person  
potatoes, pasta, oats and other cereal flakes, rice, millet, buckwheat, pulses (e.g. beans, lentils, chickpeas)

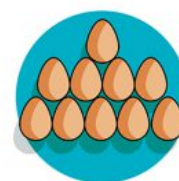
### PROTEIN SOURCES



TOTAL 2 KG/person  
meats, cold cuts, fish



7 L/person  
milk or equivalent dairy product



10 PCS/person  
eggs

GREEN TIP

You can include plant protein sources like pulses and their products - these contain a lot of carbs as well.

### FRUITS AND VEGETABLES



10 KG/person  
preferably fresh, but can be canned, frozen or dried as well.

### FATS



0.5 L/person  
cooking oil



1 BAR/person  
butter/margarine or similar spreads



15 DKG/person  
nuts and oily seeds

#### AUTHORS

Andrea Papp, *Nutritionist* (Napi Táptudás)  
Angelika Zsigovits, *Nutritionist* (Smartfood Coach)  
Emese Antal & Róbert Pilling, *Dietitians*  
(Hungarian Platform of Diet, Physical Activity & Health)  
Sándor Meleg, *Dietitian* (Alimento blog)  
Judit Varga, *Director* (Heroes of Responsible Dining)  
Zsuzsanna Szűcs, *Dietitian* (Hungarian Dietetic Association)

TRANSLATOR  
Attila Zsignár

REVISER  
Prof Dr Imre Rurik, *doctor of MTA, university lecturer,*  
*chair of Hungarian Society of Nutrition*

GRAPHIC DESIGN  
Anna Kőfaragó

SPONSORS



Hungarian Society  
of Nutrition



Hungarian Dietetic  
Association



Attribution – NonCommercial – NoDerivs

# CORONAVIRUS NUTRITION GUIDE PART 3.

#stayathome #quarantine #whattoeat



**NAPI TÁPTUDÁS**  
Nutrition. Science.

IN ORDER TO KEEP THE CORONAVIRUS PANDEMIC IN CHECK, STAYING HOME IS THE SENSIBLE THING TO DO. HERE IS HOW TO STOCK UP WITH FOOD TO PREPARE.

## ARE LONG SHELF-LIFE FOODS SAFE?

Just because a food has a long shelf-life, it is not necessarily unhealthy. Feel free to use them, especially now that you go for groceries less frequently and food safety is especially important.



### UHT MILK OR ESL MILK

Their nutritional value does not significantly differ from normal milk. The advantage of UHT milk is that you don't need to store the two-week supply cooled.



### FROZEN FRUITS AND VEGETABLES

There are not much seasonal veggies and fruits available at this time of the year. Frozen goods are produced and preserved when in-season, and they are an excellent source of vitamin now.



### CANNED FOODS

The same applies to these as to frozen products. Consider the high sugar content of canned fruits and the high salt content of canned vegetables.



### INSTANT AND FROZEN MEALS

They are OK if consumed in moderation, but their salt, sugar and fat content can be pretty high.



### PAY ATTENTION TO FOOD SAFETY

- 1 Always wash your hands before preparing meals.
- 2 Eat those foods first that have a nearer expiry date.
- 3 Cook your food thoroughly.
- 4 Meat and fish should always be cut on a separate cutting board.
- 5 Wash your kitchen towels regularly.

**VITAMIN C**  
500 MG/DAY



**VITAMIN D**  
MAX  
4000 IU/DAY

### SHOULD I TAKE NUTRITIONAL SUPPLEMENTS?\*

As we are less exposed to sunlight these days and may not get enough fruits and vegetables, you may primarily need vitamins C and D.\*<sup>2</sup>

\*<sup>1</sup> Nutritional supplements are no substitutes for a balanced diet.

\*<sup>2</sup> Source: information material of the National Public Health Center, Hungary

#### AUTHORS

Andrea Papp, *Nutritionist* (Napi Táptudás)  
Angelika Zsigovits, *Nutritionist* (Smartfood Coach)  
Emese Antal & Róbert Pilling, *Dietitians*  
(Hungarian Platform of Diet, Physical Activity & Health)  
Sándor Meleg, *Dietitian* (Alimento blog)  
Judit Varga, *Director* (Heroes of Responsible Dining)  
Zsuzsanna Szűcs, *Dietitian* (Hungarian Dietetic Association)

TRANSLATOR  
Attila Zsignár

REVISER  
Prof Dr Imre Rurik, *doctor of MTA, university lecturer,*  
*chair of Hungarian Society of Nutrition*

GRAPHIC DESIGN  
Anna Kőfaragó

#### SPONSORS



Hungarian Society  
of Nutrition



Hungarian Dietetic  
Association



Attribution – NonCommercial – NoDerivs