

You need a good pre-biotic or pro-biotic to keep your gut healthy. The healthier your gut, the stronger is your immune system.

All these dietary changes should also be coupled with good exercise and proper sleep.



“if it’s food, it’s foodism”

It is a difficult time for the whole world - and while social distancing is the need of the hour - it is also important to realise the importance of boosting our immunity, strengthening our defences and making sure everyone around us is safe too.

We at Foodism have compiled a list of age old remedies, that worked as infection-repellers and immunity strengtheners. We hope they will be helpful to you.

Please forward this to your friends and family and keep everyone safe and healthy.

Disclaimer: We, in no way, promote these as ways of staying protected from the virus & urge everyone to follow WHO guidelines.

help@foodism.xyz
www.foodism.xyz



foodism

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“if it’s food, it’s foodism”



Preventing Measures During
COVID-19
SPECIAL EDITION

Dear Readers,

These are trying times for us and it is crucial that we take the necessary safety precautions to stay safe. We've gotten together some well-known immunity strengthening tips, that will help you stay strong.

These, in no way, will cure the virus. It is advisable to follow the WHO guidelines on social distancing and stay away from gatherings and public places until it is safe to venture out again. Self quarantining and isolation are a must, in case you feel sick or have the slightest of symptoms.

Foodism does not advocate the use of the given tips as a license to venture out, thinking it can't happen to you or your loved ones.

These small kitchen remedies are known, tried and tested in old Indian kitchens to generically keep your body fit and healthy. We're sharing some of these ancient secrets with you, in hope that it will contribute to your safety and act as one of the preventive measures that are to be taken, to fight Covid-19.

We also urge you to avoid hoarding and over-buying, the country has enough for everyone and together we can beat this.

**Stay safe & keep everyone around you safe,
Team Foodism**

Ayurveda
suggests using
food as
MEDICINE

GINGER


Take mashed ginger and star anise, and make a concoction by adding a spoon of raw honey and consume it.

Inhale ginger infused steam to reduce sinus and lung congestion. First, boil 1 teaspoon of ginger in 1 pint of water drape a towel over your head, and inhale the steam through your nose for several minutes. Repeat as needed.



ANTI VIRAL HERBS





Anti-viral herbs such as tulsi, mint, thyme are great for immunity, and can be used in teas or curries for respiratory health.

Mix ginger, garlic along with a tea spoon of ajwain and make tea.

Eat light, simple, and warm foods, particularly clear and real foods like broths, teas and cooked seasonal vegetables.

Avoid cold, frozen, dry, and raw foods, which are all hard to digest.

GARGLING

with salt water loosens excess mucus and removes bacteria and fungi from the throat.



Coconut Oil

You can cook your food in pure cold-pressed coconut oil or even have it raw. Lauric acid in it are essential for boosting the immune system against virals.

Garlic

It is a powerful anti-viral ingredient. It can be eaten raw, mashed or can be added to soups. Mix chopped raw garlic with a tablespoon of raw honey and consume it.



Garlic Honey

Garlic doesn't just keep the vampires away – its also a great immunity building ingredient that helps keep infections at bay. Make your own garlic flavoured honey by placing a few crushed garlic pods in a sterilized glass jar. Top these with spoonfuls of honey, making sure that the garlic is completely covered. Store in a cool dark place for three days and consume a little bit each day.

STAR ANISE

It is super powerful ingredient as an anti-viral. Take star anise and boil it in water and add it to your teas like green tea or black tea.



Cumin & Clove

Cloves have a lot of magical properties and help greatly in soothing a sore mouth and toothaches. But they have excellent immunity powers too! Always have some cloves and small packets of jeera or black cumin handy while travelling. If you feel you are in close proximity to people (less than three feet) put these in your mouth and slowly chew them to release the oils.

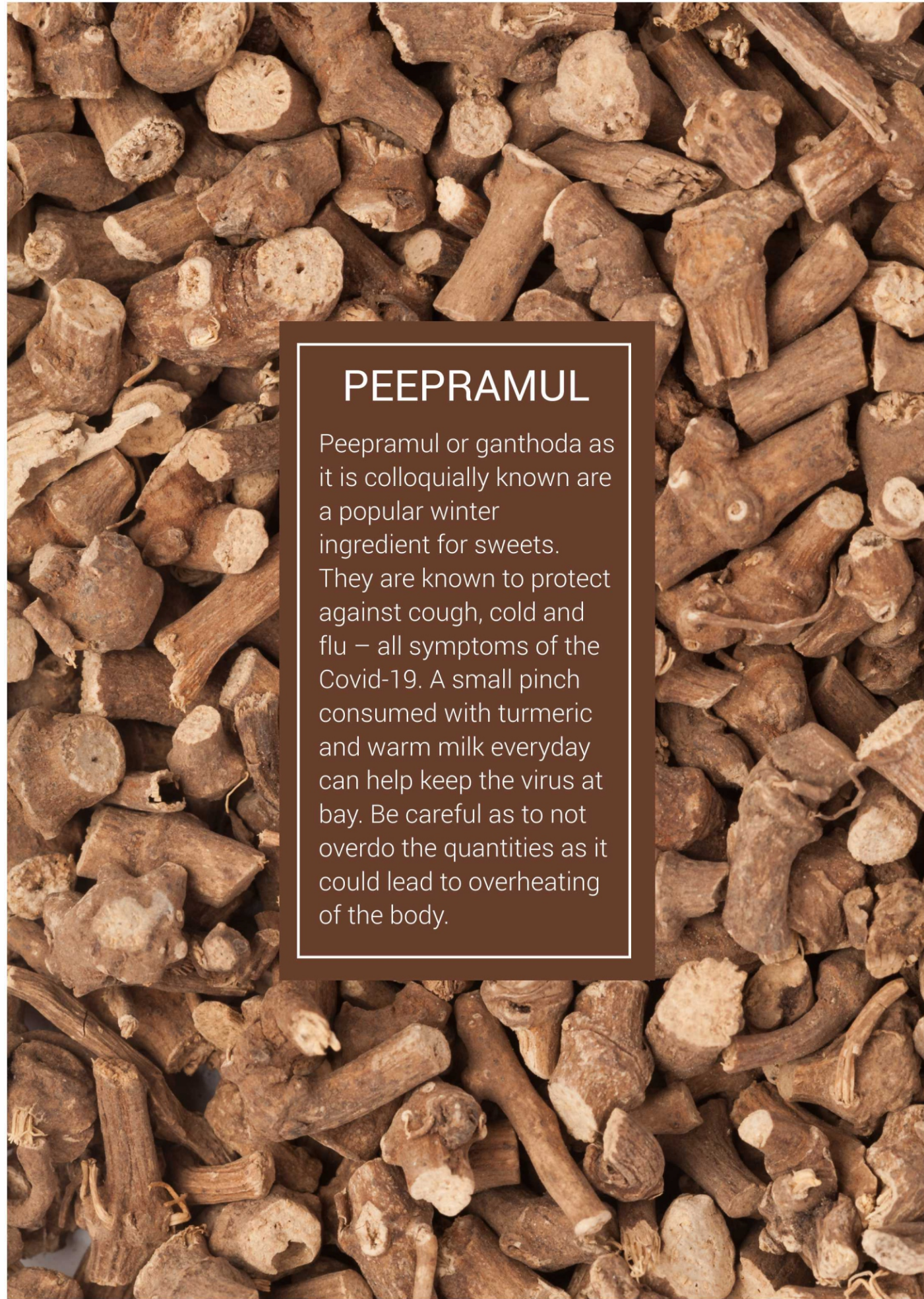


TAKE A BREAK FROM SALADS

Fitness has a new meaning – staying healthy is more important than anything else right now! Avoid consumption of raw salads, fruits, veggies and go back to basics with cooked vegetables eaten with hot daal and roti. Nothing beats a regular home cooked thali at a time like this!

PEELED FRUITS & VEGETABLES ONLY

Fruit peels may contain harmful pesticides and have been exposed to multiple human touches. Refrain from eating any fruit with the peels – even your apples, pears and plums have to be peeled before eating and same goes with vegetables.



PEEPRAMUL

Peepramul or ganthoda as it is colloquially known are a popular winter ingredient for sweets. They are known to protect against cough, cold and flu – all symptoms of the Covid-19. A small pinch consumed with turmeric and warm milk everyday can help keep the virus at bay. Be careful as to not overdo the quantities as it could lead to overheating of the body.



ANTI-OXIDANTS

A concoction of warm ghee mixed with black pepper powder can raise your immunity levels and help eliminate toxins from the body. Consume this every morning on an empty stomach and do not eat anything for the next two hours – let the magic of Ayurveda do its work.

RESVERATROL



Foods rich in resveratrol such as peanuts, pistachios, grapes, berries and dark chocolate are helpful to fight viral infections.

TURMERIC LATTE

The humble haldi-doodh gets a firang makeover with Turmeric Latte, but that doesn't stop it from being equally healthy. Here's how you can make it at home

1. Combine turmeric, ginger, sugar/honey, cow's ghee and sea salt in a powerful blender.

2. Heat almond/coconut milk/regular milk - over medium heat until just simmering.

3. Pour the warm milk into the blender and blitz until smooth and frothy. Pour into a glass and garnish with ground black pepper.

Enjoy sip-fulls of it!



VITAMIN C RICH FOODS

Foods such as amla, red peppers, lemon are must have.



low levels of Vitamin D3 means low immunity so have good Sun bath daily.

COVID-19 (Coronavirus)

FACTS BY FOOD SAFETY AUTHORITY OF IRELAND

(Source: www.fsai.ie/faq/coronavirus.html)

Can COVID-19 (coronavirus) be passed on through food?

There is no evidence to suggest that COVID-19 is passed on through food.

Coronaviruses need a host (animal or human) to grow in and cannot grow in food. Thorough cooking is expected to kill the virus.

Is there a risk to consumers from 'open' food?

As usual, it is important to maintain good hygiene practices around open food (e.g. unpackaged bread, cakes etc.).

However, it is possible that infected food workers and/or consumers could introduce the virus to food, by coughing and sneezing, or through hand contact. It is therefore important that they strictly follow good personal hygiene practices. Customers and food businesses are expected to behave in a hygienic manner and food business are obliged to monitor such displays.

Food is not directly involved in the transmission of COVID-19. The main risk of transmission is from close contact with infected people. Hence the advice to public and staff alike is to wash your hands.

How is COVID-19 (coronavirus) passed on?

Coronaviruses are most commonly passed between animals and people and from person to person. The source of COVID-19 (coronavirus) is believed to be animals, but the exact source is not yet known.

The virus is commonly passed on:

- directly, through contact with an infected person's body fluids (for example, droplets from coughing or sneezing)
- indirectly, through contact with surfaces that an infected person has coughed or sneezed on

Current information suggests that the virus may survive a few hours, or even days, on certain surfaces. Simple household disinfectants can kill it.

What can food workers do?

It is possible that infected food workers could introduce virus to the food they are working on, or onto surfaces within the food business, by coughing and sneezing, or through hand contact, unless they strictly follow good personal hygiene practices.

The World Health Organisation (WHO) advises that standard recommendations to reduce exposure to and transmission of a range of illnesses are maintained. These include:

- proper hand hygiene
- cough/cold hygiene practices
- safe food practices
- avoiding close contact, when possible, with anyone showing symptoms of respiratory illness such as coughing and sneezing

In addition, the HSE are advising 'social distancing' to help slow the spread of coronavirus. See [more information on social distancing on the HSE website](#)

Food workers must wash hands:

- before starting work

- after coughing, sneezing or blowing nose
- before handling cooked or ready-to-eat food
- after handling or preparing raw food
- after handling waste
- after cleaning duties
- after using the toilet
- after eating, drinking or smoking
- after handling money

Good hygiene and cleaning are also important to avoid cross-contamination between raw or undercooked foods and cooked or ready-to-eat foods in the kitchen.

What can food business owners/managers do?

The Irish Government has advised that people should work from home where possible.

Where employees must attend work the [HSE have recommended that social distancing is implemented to help slow the spread of coronavirus](#).

Food business owners should ensure that staff are aware of the COVID-19 (Coronavirus) situation and the [advice being given by the HSE in relation to symptoms, social distancing, restricted movement, self-isolation and travel](#).

However, food business owners (FBOs) should remember that they have particular responsibilities under food law and must maintain proper hygiene practices at all times.

They should, in general:

- ensure that staff are trained appropriately in food hygiene
- ensure effective supervision of staff to reinforce hygienic practices
- provide the correct facilities e.g. hand washing, toilets, to enable staff to practice good hygiene
- ensure staff and contractors report any physical signs/symptoms, before commencing work or while in the workplace.

• keep vigilant and ensure that staff are not ill and are fit to work

What should food business owners/managers do if they have a supply chain problem caused by COVID-19?

Infections of staff with COVID-19 (coronavirus) in food businesses around the world may lead to disruption of the food supply chain where certain ingredients and packaging may be in short supply.

Food businesses may be considering some of the following:

- leaving out or substituting ingredients in a product, and/or
- changing their packaging, and/or
- changing their process

In these situations, It is important that food businesses remember their legal obligations to only place safe food on the market.

Any change to product, packaging or processing requires a full review of the business' food safety management system (GHP and HACCP).

This will allow them to:

- Risk assess any food safety issues that could result from the proposed changes
- Put in place controls to manage any risks identified
- Document the changes

Examples of issues to consider include:

- The introduction of allergens when changing ingredients and/or ingredient suppliers
- Safe shelf-life if packaging changes and/or the product is formulated differently
- The introduction of new microbiological, physical, chemical hazards with new ingredients