

# COVID-19

## Managing Your Nutrition During the Lockdown

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### Support Your Immune System

Eat a rainbow, get plenty of colour into your diet to prevent deficiencies  
Avoid rapid weight loss  
Take 1000-4000IU vitamin D3 daily  
Aim for 7-9h of quality sleep  
Avoid binge drinking alcohol

### Monitor Your Training Load

Don't overtrain and continually place your body under stress  
Ensure you recover correctly after training; refuel, rehydrate, repair & rest  
Consider consuming some carbohydrate during training (e.g. Lucozade Sport)



### Focus on Protein

With no racing, no access to gyms & less activity, you will want to minimise your muscle wastage.  
To do this, aim for 4-6 servings of protein per day.  
E.g. breakfast, lunch, afternoon snack & dinner

### Control Your Environment

With more time due to be spent at home, make sure you have the right foods in  
Avoid having calorie-dense foods such as pastries, chocolate, pizza available  
Keep the good food options in clear sight, e.g. your fruit bowl  
Try to stick to regular meal times



### Plan Ahead

Food shopping is going to be more difficult & you will want to minimise the amount of times you visit the shops  
Plan your meals for the week ahead and make a shopping list for the week  
If you are taking the time to cook in the evenings, think about making larger portions to double up as lunch the next day