Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at http://www.albertahealthservices.ca/9966.asp

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Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:

- Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.
- Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition supplement drinks. Take sips every few minutes if you cannot drink all at once.
- Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.
- Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.
- A healthy diet helps keep your immune system at its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.

If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to www.ab.211.ca and click on "live chat."