

- Virus

UPPING YOUR DIET LOWERS COVID RISK

National Enquirer · 4 Oct 2021 · 36

YOUR diet could help beat COVID! Researchers found consuming more healthy plant based—foods may lower both the risk of contracting COVID-19 and suffering severe symptoms if you're infected. In the study, those who consumed the healthiest diets, which emphasized fruits and vegetables, had a 9 percent lower risk of COVID infection and 41 percent less risk of developing severe symptoms. The study also found folks in poorer neighborhoods who eat an unhealthy diet are more susceptible to the virus.

