

# Coronavirus

ΟΔΗΓΟΣ ΔΙΑΤΡΟΦΗΣ ΓΙΑ ΤΟΝ 15ΘΗΜΕΡΟ  
ΑΠΟΚΛΕΙΣΜΟ

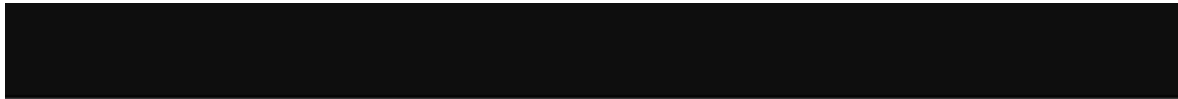


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**CORONAVIRUS NUTRITION GUIDE PART 1.**  
 #stayathome #quarantine #whattoeat



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**



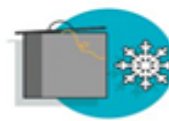
**ASSESS YOUR PRESENT SUPPLIES FIRST**

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.



**1ΟΝ ΚΑΝΕ ΜΙΑ ΕΚΤΙΜΗΣΗ ΤΩΝ ΠΡΑΓΜΑΤΙΚΩΝ ΕΛΛΕΙΨΕΩΝ**

**2ΟΝ ΕΑΝ ΔΕΝ ΣΟΥ ΑΡΕΣΕΙ ΜΗΝ ΤΟ ΑΓΟΡΑΣΕΙΣ ΕΠΕΙΔΗ ΠΡΕΠΕΙ**

**3ον ΜΑΓΕΙΡΕΨΕ ΠΕΡΙΣΣΟΤΕΡΟ ΤΩΡΑ Κ ΒΑΛΤΑ ΣΤΗΝ ΚΑΤΑΨΥΞΗ ΓΙΑ ΧΡΗΣΗ ΑΡΓΟΤΕΡΑ**

**4ον απέφυγε τα μπισκοτα κ τα γλυκα**

**5ον απέφυγε την παραγγελιά έτοιμων γευματων**

## CORONAVIRUS NUTRITION GUIDE PART 2.

#stayathome #quarantine #whattoeat

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

#### FATS



0.5 L/person



1 BAR/person



15 DKG/person

ΤΙ ΤΡΟΦΙΜΑ ΠΡΕΠΕΙ ΝΑ ΕΧΕΙΣ ΣΤΟ ΣΠΙΤΙ για 15 ΗΜΕΡΕΣ?

1. 2Kg / Άτομο αρτοσκευάσματα
2. 2Kg δημητριακά / άτομο μακαρόνια - ρύζι)
3. 2kg / άτομο κρέας, ψάρι
4. 7ltr/ άτομο Γαλακτοκομικά / υποκατάστατα γαλ/κων
5. 10 αυγά / άτομο
6. 10kg ραβανιιά
7. 500ml ελαιόλαδο
8. 1 μπάρα βούτυρο / άτομο
9. 15gr ξηρούς καρπούς / άτομο



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## CORONAVIRUS NUTRITION GUIDE PART 3.

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### 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.



#### INSTANT AND FROZEN MEALS

They are OK if consumed in moderation, but their salt.



#### 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.



#### PAY ATTENTION TO FOOD SAFETY

1 Always wash your hands before preparing meals.



#### 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.

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 eat

Μη φοβάστε τα μακράς διάρκειας τρόφιμα, αγοράστε:

- 1.παστεριωμενα γαλατά !
- 2.κατεψυγμενα φρούτα κ λαχανικά !
- 3.κονσέρβες ψαριών κ λαχανικών !
- 4.Στιγμιαία ροφήματα κ γεύματα !
- 5.Δώσε προσοχή στην ασφάλεια του τρόφιμου, πλυνε τα χερια σου πριν το φαγητό.
- 6.Δεν χρειάζεσαι συμπλήρωμα νιτς και νιτ D αν τρως σωστά κ εκτίθεσαι στον ήλιο !



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