



March 23, 2020

Dear AUB community,

Please read this joint message from our colleagues at AUBMC's Department of Clinical Nutrition and the Faculty of Agricultural and Food Sciences' Nutrition Department giving important information on the ways in which diet and lifestyle can—and cannot—boost your immune system during the coronavirus pandemic.

This message has been approved by the Expert Committee on COVID-19.

“Misinformation on prevention of coronavirus infection is proliferating. You should beware of the many claims without any scientific basis that are circulating both on traditional and social media on how to prevent, treat, or cure COVID-19 using a variety of dietary interventions.

“To date, no reputable international authority has approved any claim for a single food, herb, or natural health product to be labeled as protecting against infection or boosting immunity.

“The normal functioning of the immune system depends on many nutrients that are present in fresh, natural foods. Nutritionists at AUB encourage:

- **Maintaining a healthy and balanced diet** by consuming a variety of foods that include vegetables, fruits, whole grains, pulses, fish, meat, and dairy products.
- **Being physically active for at least 2.5 hours per week.**
- **Getting enough sleep** (7-8 hours per day) in order to support the immune functions.

“Thorough and frequent hand washing, avoiding touching your face, and social distancing remain the most effective means to avoid COVID-19 infection (or any other viral respiratory illnesses).”

For the latest AUB updates, please bookmark the committee's [webpage](#).

To find out more about nutrition and health in the COVID-19 pandemic, please visit these trustworthy websites:

US Academy of Nutrition and Dietetics [Concerns Regarding COVID-19](#)

British Dietetics Association [Advice for the General Public](#)

Dieticians of Canada [Advice for the General Public](#)

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Chair, Expert Committee on COVID-19