

THE IMPORTANCE OF NUTRITION AT POST COVID-19 PERIOD*

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Abstract: *Post-COVID is a syndrome we define as symptoms that are present even after 12 weeks of COVID 19, and cannot be explained by any other condition or disease. Common symptoms include fatigue, muscle weakness, shortness of breath, cognitive dysfunction, loss of appetite and changes in taste / smell, mental "fog" and generally have an impact on daily functioning. It is often characterized by malnutrition, weight loss and low-grade inflammation, but also many other symptoms. Food and nutrition play a key role in recovery from Covid-19. When it comes to diet and post-COVID, it is important to assess nutritional status (degree of nutrition and eating habits). Thus, dietary advice can be individualized. Energy balance is crucial in recovery. The important fact is that during the disease there is a loss of muscle mass that needs to be compensated. Foods rich in protein can help recover from loss of muscle mass. Adding protein to every meal is key to rebuilding the body. Depleted protein intake also means reduced immunity. When dealing with symptoms, it is important to apply general principles of proper nutrition, but also functional foods and dietary supplements where antioxidants are especially recommended: vitamins C and E, minerals zinc and selenium, carotenoids, polyphenols, flavonoids and many others. A well-balanced diet can help in recovering from COVID-19 infection. It is very crucial to meet the increased nutritional needs because it helps to restore physical, mental and emotional well-being.*

Keywords: *post-COVID-19 syndrome; nutrients*

ZNAČAJ PREHRANE KOD POST-COVID 19 STANJA

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Sažetak: *Post-COVID je sindrom kojeg definišemo kao kao stanje kod kojeg su prisutni simptomi i nakon 12 sedmica od preboljenja COVID 19, a da pri tome, ne mogu biti objašnjeni nekim drugim stanjem ili bolešću. Uobičajeni simptomi uključuju, umor, slabost mišića, otežano disanje, kognitivnu disfunkciju, gubitak apetita i promjene okusa/mirisa, psihički stres i općenito imaju utjecaj na svakodnevno funkcioniranje. Često je karakteriziran pothranjenošću, gubitkom tjelesne mase bez masti i upalama niskog stupnja, ali i brojnim drugim simptomima.*

Hrana i prehrana imaju ključnu ulogu u oporavku od COVID-19. Kad je u pitanju prehrana i post-COVID važna je procjena nutritivnog statusa (stepen uhranjenosti i prehrambenih navika). Tako se mogu individualizirati savjeti za prehranu. Uravnoteženje energetskog balansa je ključno u oporavku. Važna činjenica je da tokom bolesti dolazi do gubitka mišićne mase koju je potrebno nadoknaditi. Hrana bogata proteinima može pomoći u oporavku od gubitka mišićne mase. Dodavanje proteina svakom obroku ključno je za obnovu tijela. Osiromašeni unos proteina znači i smanjen imunitet.

Kod suočavanja sa simptomima značajno je primijeniti opšta načela pravilne prehrane, ali i funkcionalnu hranu i dodatke prehrani gdje su posebno preporučeni antioksidansi: vitamin C i E, minerali cink i selen, karotenoidi, polifenoli, flavonoidi i brojni drugi.

Dobro uravnotežena prehrana može pomoći u oporavljanju nakon infekcije COVID-19. Vrlo je ključno zadovoljiti povećane prehrambene potrebe jer to pomaže u obnavljanju fizičkog, mentalnog i emocionalnog blagostanja.

Ključne riječi: *post-COVID-19 sindrom; hranjive tvari*