

What you should eat when you are sick?

When a person is sick, it is important to maintain nourishment and stay hydrated. The following is a short guide to nutritional support during episodes of common illnesses.

Colds and Flu...A blocked nose, a cough, and a sore throat are common symptoms of colds and flu. The following foods can help to ease congestion and inflammation and boost the immune system.

1. **Herbal teas** - It is important to stay hydrated. Breathing in herbal tea steam can help to clear mucus from the sinuses. Tea leaves are abundant in natural plant compounds, such as polyphenols, flavonoids, and catechins. These stimulate the immune system. Catechins, in particular, may protect against certain types of influenza virus.
2. **Honey** - A sore throat can be caused by a bacterial infection. Along with appropriate antibiotics, honey is rich in antimicrobials that help to clear these types of infection. Frozen, slushy fruit juices can often help to soothe a sore throat.
3. **Citrus fruits and berries**- Citrus fruits, such as oranges, lemons, and grapefruits, contain high levels of flavonoids and vitamin C. These decrease inflammation and boost immunity, which may help to fight a fever.

Foods to avoid

1. Dairy.. can make mucus thicker which can worsen sinus congestion.
2. Alcohol.. can dehydrate and trigger an inflammatory response, which may aggravate symptom

Nausea, Vomiting, Diarrhea...When someone has one or more of these symptoms, the key is to eat foods that settle the stomach. Doing so should help people to regain their appetite.

1. **Ginger**- Research suggests that ginger may help to reduce the effects of nausea and vomiting. A person can make ginger tea by adding 1–2 teaspoons of fresh ginger to a cup of hot water. Steep the ginger for 5 minutes before straining the mixture and sweetening it with a little honey.
2. **BRAT foods**- BRAT stands for: bananas, rice, applesauce, and toast. These foods are bland and gentle on the stomach. The diet is rich in starch and contains little fiber, which can have a binding effect on loose stools and speed up recovery. Other bland foods that can be added to a BRAT diet include: crackers, oatmeal, watermelon, and boiled potatoes. A person should start slowly, sipping water regularly for the first few hours, before gently introducing other liquids, such as apple juice or broth.
3. **Coconut water**- An upset stomach occurs when the stomach lining becomes inflamed. Compounds called tannins that are present in coconut water may help to reduce this inflammation. Coconut water is also high in minerals such as sodium and potassium. They can help the body to rehydrate quickly after diarrhea or vomiting.

Foods to avoid

1. Greasy foods which contain high levels of fats.
2. Chilies can irritate the lining of the stomach.
3. Caffeine acts as a muscle stimulant that can cause stomach cramps.
4. Dairy products may cause bloating and nausea.
5. Artificial sweeteners can have a laxative effect.

Constipation...The key to relieving constipation is to increase fiber intake. Fiber is either soluble or insoluble. Soluble fiber traps water in the stools, making them softer and easier to pass. It also helps to nourish gut bacteria. Insoluble fiber adds bulk to stools, helping to clear the intestines.

1. ***Oatmeal and oat bran*** - A single cup of oatmeal made with water contains about 4 grams of fiber, around 16 percent of an adult's recommended daily intake. Oatmeal only contains the germ of the oat while oat bran contains the fibrous husk and provides 5.7 grams of fiber per cup. The extra fiber from added blended fruits will also help to relieve constipation.
2. ***Dried fruits*** - All fruits are good sources of fiber, but dried fruits, such as apricots, figs, and prunes, typically contain the highest levels. These fruits also contain a natural laxative known as sorbitol, which promotes bowel movements by drawing water into the intestines. Prunes and apricots also contain polyphenols, which can increase the amount of healthful gut bacteria.
3. ***Pre-Ground Flaxseed*** - Due to its high soluble fiber content, ground flaxseed is particularly good at supporting regular bowel movements. It is also an excellent source of omega-3 essential fatty acids. There is some evidence that omega-3 acids reduce bowel inflammation, which can occur after prolonged constipation.

Foods to avoid

1. Processed foods tend to be high in fats and salt and low in fiber.
2. Processed grains, such as white bread and white rice.
3. Caffeine and alcohol can cause dehydration, depleting the water needed to soften stools.

Summary

Dietary changes can provide some relief when an individual feels sick. A person should try to follow the recommended diet for their symptoms while avoiding foods that will worsen them. It is important to remember that prevention is better than a cure. Staying hydrated and eating a healthful diet rich in nutrients will help to stave off many of the ailments listed above.