

## COVID-19: Food and Nutrition Links and Resources for Dietitians

### Food Safety

Scientists and food safety authorities across the world are closely monitoring the spread of COVID-19. There is currently no evidence that food is a likely source or route of transmission of the virus.

- [https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156?fbclid=IwAR20LpSLqcREdxLb5qZQUPS27pAs-p3Bv1E2I7CqalhCM1hPOGE\\_tnt65Cs#q2](https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156?fbclid=IwAR20LpSLqcREdxLb5qZQUPS27pAs-p3Bv1E2I7CqalhCM1hPOGE_tnt65Cs#q2)

### Other websites:

- [https://cpma.ca/docs/default-source/covid-19/covid-19 information for consumers.pdf](https://cpma.ca/docs/default-source/covid-19/covid-19%20information%20for%20consumers.pdf)
- <https://www.cbc.ca/player/play/1712522819613>
- <https://www.serious-eats.com/2020/03/food-safety-and-coronavirus-a-comprehensive-guide.html>
- [https://www.mapa.gouv.qc.ca/fr/Avis\\_Publicite/Pages/COVID-19\\_QuestionsReponses.aspx?fbclid=IwAR2OTuu0f130NMXDF8BZZpFB5EkIXmbaWddrhytoYJTiw\\_oYGwvYQuWWbgPc](https://www.mapa.gouv.qc.ca/fr/Avis_Publicite/Pages/COVID-19_QuestionsReponses.aspx?fbclid=IwAR2OTuu0f130NMXDF8BZZpFB5EkIXmbaWddrhytoYJTiw_oYGwvYQuWWbgPc)
- <https://news.cornell.edu/stories/2020/03/cornell-creates-detailed-covid-19-website-food-industry>
- <https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>
- <https://www.foodpolitics.com/2020/03/is-it-safe-to-eat-fresh-produce-yes-with-caveats/>
- [https://www.inspection.gc.ca/covid-19/cfia-information-for-industry/eng/1584462704366/1584462704709?fbclid=IwAR34HOZRe1v1QOxWde8Tkekppq3Lz5VamHQF9ubDeUAq\\_wG3ccv7hUe1S9k](https://www.inspection.gc.ca/covid-19/cfia-information-for-industry/eng/1584462704366/1584462704709?fbclid=IwAR34HOZRe1v1QOxWde8Tkekppq3Lz5VamHQF9ubDeUAq_wG3ccv7hUe1S9k)
- [https://www.bfr.bund.de/en/can\\_the\\_new\\_type\\_of\\_coronavirus\\_be\\_transmitted\\_via\\_food\\_and\\_objects\\_-244090.html](https://www.bfr.bund.de/en/can_the_new_type_of_coronavirus_be_transmitted_via_food_and_objects_-244090.html)

### Food Skills and Meal Planning:

- <https://www.cnn.com/2020/03/21/health/how-to-cook-from-home-coronavirus-draye-wellness/index.html>
- [https://www.supercook.com/?fbclid=IwAR1t8F\\_RnJlhtRvbfkGue7nVRzh1BcY3ZcdAOTm4jHuKGVEUACNDArUkis#/recipes](https://www.supercook.com/?fbclid=IwAR1t8F_RnJlhtRvbfkGue7nVRzh1BcY3ZcdAOTm4jHuKGVEUACNDArUkis#/recipes)
- <https://www.thebalanceddietitian.com/post/nutrition-and-covid-19>

### Position Statements/General Info on COVID:

- Gov of Canada Open Portal: [https://search.open.canada.ca/en/od/?search\\_text=Covid-19&fbclid=IwAR1O0HxWiGrBamrQiyomN44dOFzRdPC5KNocta17j3hxdNq2bU4vAh7pY1Q](https://search.open.canada.ca/en/od/?search_text=Covid-19&fbclid=IwAR1O0HxWiGrBamrQiyomN44dOFzRdPC5KNocta17j3hxdNq2bU4vAh7pY1Q)
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html#faq>
- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals.html>

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#f>
- [https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156?fbclid=IwAR20LpSLqcREdxLb5qZQUPS27pAs-p3Bv1E2I7CgalhCM1hPOGE\\_tnt65Cs#q2](https://www.inspection.gc.ca/covid-19/questions-and-answers/eng/1584648921808/1584648922156?fbclid=IwAR20LpSLqcREdxLb5qZQUPS27pAs-p3Bv1E2I7CgalhCM1hPOGE_tnt65Cs#q2)
- <https://www.oie.int/en/scientific-expertise/specific-information-and-recommendations/questions-and-answers-on-2019-novel-coronavirus/>
- <https://examine.com/topics/coronavirus-resources/>

#### **Patient Friendly Nutrition Overview/Websites:**

- <https://www.eatright.org/coronavirus>
- <https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>
- <https://www.thebalanceddietitian.com/post/nutrition-and-covid-19>
- [https://www.washingtonpost.com/lifestyle/wellness/immune-boost-coronavirus/2020/03/05/e111554a-5e73-11ea-b014-4fafa866bb81\\_story.html?fbclid=IwAR1ykXXgtr8GRYlt6UAuVVK3uBgDKKiiNP7euvY-oxEMEDclQiKPjigFGqs](https://www.washingtonpost.com/lifestyle/wellness/immune-boost-coronavirus/2020/03/05/e111554a-5e73-11ea-b014-4fafa866bb81_story.html?fbclid=IwAR1ykXXgtr8GRYlt6UAuVVK3uBgDKKiiNP7euvY-oxEMEDclQiKPjigFGqs)
- <https://kjmnutrition.com/2020/03/15/are-you-stocking-up-for-covid-19-these-4-things-will-help-you-and-those-around-you-thrive-with-nutrition/?fbclid=IwAR1wyk2d2Ma28A5hgUP5NzyhDG7bLw8v5YveoTT6qQZeZ98GYEcheBSN5-4>
- <https://weilernutrition.com/2020/03/covid-19-q-a-on-food-and-nutrition/?fbclid=IwAR2yk6cKGctnS6pMrIVXf8NSOxxQxTOcVZbCCFeHPFtZnioxcbzSqM6j5es>

#### **Supplements and COVID:**

- [https://examine.com/topics/coronavirus/?ck\\_subscriber\\_id=668678115](https://examine.com/topics/coronavirus/?ck_subscriber_id=668678115)
- [https://www.mcgill.ca/oss/article/health/can-zinc-lozenges-help-coronavirus-infections?fbclid=IwAR08Wh\\_YVzMFaBmgrNjkEgbgSeqjAZrfmVWnocyFUeHY0eaW97U49M22FEA](https://www.mcgill.ca/oss/article/health/can-zinc-lozenges-help-coronavirus-infections?fbclid=IwAR08Wh_YVzMFaBmgrNjkEgbgSeqjAZrfmVWnocyFUeHY0eaW97U49M22FEA)

#### **Myth Busting:**

- [https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?fbclid=IwAR0cmfVweaaLbr4exZ-0HSr2gmsC20LDT6ZD3DqxKGmMYi\\_b9CbT86prZh0](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters?fbclid=IwAR0cmfVweaaLbr4exZ-0HSr2gmsC20LDT6ZD3DqxKGmMYi_b9CbT86prZh0)

#### **Eating Disorders:**

- <https://www.bustle.com/p/how-social-distancing-triggers-disordered-eating-according-to-eating-disorder-experts-22631190>

#### **Breastfeeding:**

- [https://sogc.org/en/content/featured-news/Updated-SOGC-Committee-Opinion%E2%80%9393%20COVID-19-in-Pregnancy.aspx?fbclid=IwAR3Y2A2gF7e\\_GlktMzRC-kUuePtWuOqpZafq6es1OSK-skybl40o8MurFY](https://sogc.org/en/content/featured-news/Updated-SOGC-Committee-Opinion%E2%80%9393%20COVID-19-in-Pregnancy.aspx?fbclid=IwAR3Y2A2gF7e_GlktMzRC-kUuePtWuOqpZafq6es1OSK-skybl40o8MurFY)

- [https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding?fbclid=IwAR1fTFdS0MMxmS4D0FuMPP0e29R-AO\\_WIGG81QU\\_HsangdQnpxm-ESOXCE](https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding?fbclid=IwAR1fTFdS0MMxmS4D0FuMPP0e29R-AO_WIGG81QU_HsangdQnpxm-ESOXCE)
- [https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html&fbclid=IwAR0WdzzY-RJgst49q\\_QRfdvZoKvxZ7SIK\\_JH-oZ-biTXkRelxq8RSmrNEcE](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html&fbclid=IwAR0WdzzY-RJgst49q_QRfdvZoKvxZ7SIK_JH-oZ-biTXkRelxq8RSmrNEcE)
- [https://www.cbc.ca/news/health/pregnant-women-coronavirus-1.5505372?fbclid=IwAR3AbyiXUhPmGU6TQQKYSX1-l\\_j\\_9X60goV2K1S6MIBuZ2Tz17EZWBpR8](https://www.cbc.ca/news/health/pregnant-women-coronavirus-1.5505372?fbclid=IwAR3AbyiXUhPmGU6TQQKYSX1-l_j_9X60goV2K1S6MIBuZ2Tz17EZWBpR8)
- <https://www.hamiltonfht.ca/.../Services/DocuShare.ashx...>

#### **Clinical Nutrition Position Statements/Critical Care Guidelines:**

- [https://www.nutritioncare.org/Guidelines and Clinical Resources/Resources for Clinicians Caring for Patients with Coronavirus/?fbclid=IwAR0cmfVweaaLbr4exZ-0HSr2gmsC20LDT6ZD3DqXKGMMyi\\_b9CbT86prZh0](https://www.nutritioncare.org/Guidelines%20and%20Clinical%20Resources/Resources%20for%20Clinicians%20Caring%20for%20Patients%20with%20Coronavirus/?fbclid=IwAR0cmfVweaaLbr4exZ-0HSr2gmsC20LDT6ZD3DqXKGMMyi_b9CbT86prZh0)
- <http://www.immunonutrition-isin.org/docs/isinComunicadoCovid19.pdf>
- [https://www.bda.uk.com/resource/critical-care-dietetics-guidance-covid-19.html?fbclid=IwAR209AtVGA3FuD3y63E\\_vl7VamobJYBFb8coJvVpeKe1UZh3ANeK\\_Ecsuz8](https://www.bda.uk.com/resource/critical-care-dietetics-guidance-covid-19.html?fbclid=IwAR209AtVGA3FuD3y63E_vl7VamobJYBFb8coJvVpeKe1UZh3ANeK_Ecsuz8)
- <https://www.anzics.com.au/wp-content/uploads/2020/03/ANZICS-COVID-19-Guidelines-Version-1.pdf>
- <http://www.efad.org/en-us/covid-19/?fbclid=IwAR0ZiK8aAF8AWk6jTqUsySV6eVtIPIdNoEOS5OZWa9mbPMjfnJlix97NFyo>

#### **Food Security/Food Banks:**

- [https://toronto.ctvnews.ca/mobile/this-is-an-absolutely-critical-time-food-bank-puts-up-tent-to-ensure-food-donations-amid-covid-19-1.4855037?fbclid=IwAR3UdMdsD-IfsLt2Se7r13yUnNeRoxQlvmiWk8XiXV\\_zXMuahTJjTcN4cL0](https://toronto.ctvnews.ca/mobile/this-is-an-absolutely-critical-time-food-bank-puts-up-tent-to-ensure-food-donations-amid-covid-19-1.4855037?fbclid=IwAR3UdMdsD-IfsLt2Se7r13yUnNeRoxQlvmiWk8XiXV_zXMuahTJjTcN4cL0)

#### **Research articles:**

- [https://link.springer.com/article/10.1186/s40779-020-0233-6?fbclid=IwAR2rpBKfCoVMt3l2VpajA41UObrX\\_MGjeSatQw470le0FUjE-sFPaB56n4E](https://link.springer.com/article/10.1186/s40779-020-0233-6?fbclid=IwAR2rpBKfCoVMt3l2VpajA41UObrX_MGjeSatQw470le0FUjE-sFPaB56n4E)

#### **COVID and Celiac Disease:**

- <https://www.celiac.ca/news-events/covid19/>

#### **COVID and Surfaces:**

- <https://www.cbc.ca/news/health/covid-19-surfaces-1.5509619?cmp=rss>