

Impact of High Fat Diet Intake and Less Workout on Health Complications During COVID-19: A Review

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ABSTRACT

Balanced nutrition help in maintaining immunity and is essential for prevention and management of viral infections. But intake of higher amount of refined carbohydrates diet, sweets, saturated fats referred to as western diet, especially during covid-19, interruption of work routine, could result in melancholy. Optimizing public health during pandemic requires not only knowledge of the medical and biological sciences but also of all human sciences related to lifestyle, social, behavioral, including dietary habits. During quarantine continuously hearing or reading about the pandemic without a break can be stressful. Stress pushes people toward overeating, this unhealthy nutritional habit contributes to obesity, chronic state of inflammation, heart disease, type-2 diabetes and lung disease that have been demonstrated to increase the risk for more serious complications of covid-19. Long term consumption of western diet may lead to chronic activation of the immune system, impairing both innate and adaptive response. These disorders increase the risk for severe covid-19 morbidity and mortality. In this review, we aimed to evaluate evidence from previous clinical trials that studied unhealthy nutritional based interventions for viral covid-19.

Keywords: immunity, covid 19, quarantine, Type -2 diabetes

