

Are you
Ready?

The Post-Lockdown Survival Guide!

Curo Wellness recommends ways to maintain
Immunity, Wellness and well, Sanity!





Post Lockdown is when we will need to boost our Immunity even more! (Because the Lockdown will open, but the Virus will still be around!)

Experts at Curo Wellness help you gear up for what awaits on the other side!

SUPERFOODS TO BOOST IMMUNITY

Ragi



Ragi/ Nachni (Finger Millet) is high in Protein & Iron: Both important components of Immune building cells

Use Ragi Flour to make pancakes, dosas or cookies, or Add some while making Rotis, Idli, Cakes

Capsicum



Rich in Vit C, Vit A and Antioxidants - these nutrients help immune system to fight viruses & bacteria

Use as pizza toppings, in pasta, stir fry, gravies. Use the red capsicum as well (they have far more Vit C than green)!

Mango



High in Vit C, Vit A & Mangiferin - these nutrients help improve lung health & boost immunity

Do you really need a guide on how to use mangoes? ;)

Moong Sprouts



Rich in Protein, Vit C & Folic Acid - Protein & Folic acid help in producing WBC that fight infections

Add Moong Sprouts in your Salads, soups, stir-fry, chaat, wraps or rice preparations. (remember to sprout the moong)!

Flax-seeds



Rich in Omega 3 Fats, Zinc & Fibre - Zinc helps cell division & growth that keeps the immune system up & going

Roast (& can powder too) flaxseeds and use in salads, health bars, smoothies, spreads, cookies, bread, breakfast cereals.

SUPERFOODS TO BOOST IMMUNITY

Basil Leaves



Contains antioxidants Eugenol & Limonene - which increase the natural killer cells activity, thus boosts immune system

Use basil leaves in herbal teas, salads, concoctions, wraps, stir fry, pizza toppings or in marinades

Walnuts



High in Omega 3 fats, Vit E & Zinc - Omega 3 fats & Vit E help to heal & repair the immune system

Roast or use raw in salads, desserts, dips, pasta sauces, homemade energy bars. Or just munch on walnuts as a snack!

Curd



Contains Lactobacillus (the good bacteria). 80% of immune cells located in the gut, Lactobacillus strengthens these immune cells

Use in dips, as sandwich spreads, in wraps, parfaits, salad dressings, buttermilk, desserts or just by itself!

Ginger



Contains Gingerol - which helps improve air circulation to the lungs and reduces inflammation

Use Ginger in Teas, Concoctions, detox juices, infused water, gravies

Egg



Eggs (Both white & Yolk) have all essential amino acids - which are the building blocks of Cells that power your immune system

Can be cooked scrambled/ boiled/ omlette or in curries, salads, wraps & rice preparations.

DO NOT CONSUME FOODS WITH



High Sugar



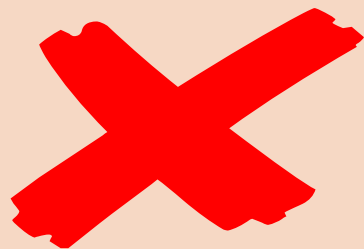
When you consume a sugar-loaded food or drink, Immune cells go into a temporary coma for several hours after. Sugar reduces the body's defence system by 75%!

Too much Caffeine



Caffeine decreases the Absorption of Protein, Iron & other Nutrients. So all those foods you consume to boost your immunity - your body may not be getting all of it!

High Salt



Excessive salt hinders Granulocytes (scavenger cells that kill disease causing bacteria). Most Junk Foods have as much salt in 1 portion as you should be having in a Whole day!

Additives



Most Food Additives & Preservatives adversely affect Good Bacteria in the Gut. With 80% of the immune cells located in our gut, these additives impact the immune function of these cells.

MANAGING

PRE-EXISTING CONDITIONS



If you have any of these Pre-Existing Conditions, your immunity could be compromised. Here's how you can manage:

Diabetes.

High blood sugar levels weakens a person's immune system, therefore more susceptible to infections.

Consume Foods with:

Chromium: Barley, Oats, Broccoli, Tomatoes, Lettuce, Chicken, Eggs, Brewer's Yeast
Fibre: Whole grains, leafy veggies, Fruits, Nuts & Seeds.

Chronic Acidity.

(And other Gut Disorders)

Nearly 80% of Immune Cells are located in the Gut. Compromised digestive & gut health can thus weaken immunity.

Foods that Improve Gut Health:

Probiotics: Yoghurt, Buttermilk, Kefir, Kombucha tea, Kimchi, Sauerkraut, Soy Milk, Tempeh.
Prebiotics: Onion, Garlic, Leeks, Wheat Bran, Oats, Barley, Apples, Banana, Asparagus, Flaxseeds.

MANAGING

PRE-EXISTING CONDITIONS



If you have any of these Pre-Existing Conditions, your immunity could be compromised. Here's how you can manage:

Vitamin Deficiencies.

Vit B12 is vital in WBC production: keeps immune system functioning well.

Consume Foods with:

Vit B12: Fish, Eggs, Dairy, Muscle Meats and Yeast Extracts.

Vit D helps produce antimicrobial proteins in the respiratory lining- reduces the chances of virus infection & Covid-19 symptoms.

Vit D: Sea foods like Salmon, Herring, Cod liver oil, Sardines, Egg yolk, Mushrooms and small quantities in milk products.

MANAGING

PRE-EXISTING CONDITIONS



If you have any of these Pre-Existing Conditions, your immunity could be compromised. Here's how you can manage:

Anaemia.

Iron is essential in the multiplication of Immune cells, which manage response to an infection.

Consume Iron-rich Foods:

Bajra (Pearl Millet), Quinoa. Rajma (Kidney Beans), Lentils (Masoor), Soybeans. Drumsticks, Kale, Sesame, Flax seeds, Prunes, Dates, Lean Meat, Shellfish.

Asthma.

(And other Respiratory Conditions)

Respiratory Ailments result in weaker epithelial cells of the lungs. These cells in our lungs help destroy foreign particles. Thus weaker epithelial cells mean weaker Immune system.

Consume Foods with Vit A & C:

Vit A: Carrots, Sweet potatoes, Spinach, Kale, Mango, Papaya, Cod liver oil, Mackerel, Salmon, Eggs

Vit C: Kale, Broccoli, Bell peppers, Brussels sprouts. Amla, Kiwi, Guava, Citrus fruits, Papaya, Sprouts.

END-OF-LOCKDOWN RECIPES



***Easy-Cook Recipes that are balanced with
Protein, Carbs, Vitamins PLUS
Immunity Boosting Nutrients!***

Quinoa Pulao



Sautee mixed Veggies (carrots, peas, frenchbeans, spring onions, greens). Add spices and cooked Quinoa & serve.

Immunity Boosters: Contains Immune Boosters - Folic Acid (in Quinoa) & Antioxidants (Veggies).

Protein Pav Bhaji



Cook all veggies with the usual Pav Bhaji cooking method but add cooked mashed Rajma. Serve with whole wheat Pav..

Immunity Boosters: This Pav Bhaji gives you immune boosting Flavonoids & Lignans (antioxidant & anti-inflammatory properties).

END-OF-LOCKDOWN RECIPES



*Easy-Cook Recipes that are balanced with
Protein, Carbs, Vitamins PLUS
Immunity Boosting Nutrients!*

Buckwheat Khichdi



To a tempering of spices, add mixed veggies & add separately-cooked Buckwheat. Squeeze lemon juice, garnish with coriander & serve with curd.

Immunity Boosters: Buckwheat is a Plant Protein & has immune-boosting nutrients like Niacin, Magnesium, Phosphorous & Zinc.

Veggie Appe



Add pureed spinach, mixed veggies and spices to Idli Batter. Put dollops of this batter to a braised Appe Pan and top with sesame seeds. Serve with green chutney.

Immunity Boosters: These Appes provide Vit A and the Immune booster Zinc.

END-OF-LOCKDOWN RECIPES



***Easy-Cook Recipes that are balanced with
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Oats **Vermicelli Idli**



Mix Vermicelli, Oats, Rawa, Curd. Set aside for 20 mins. Add a tempering of spices & seeds (mustard seeds, sesame seeds, chana dal, urad dal, curry leaves, hing). Steam like regular Idlis.

Immunity Boosters: Oats have fibre (beta-glucan) & antioxidants that boost our WBC & strengthens immune system.

Mixed Lentil **Fried Rice**



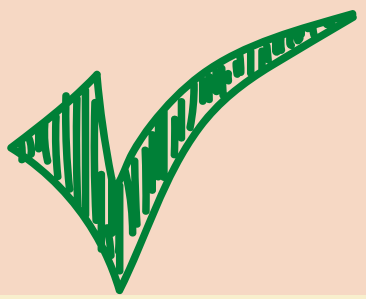
Use Lentils like Chickpeas/ Rajma/ Moong Sprouts. Stir fry spices, chopped veggies, brown rice & lentils (both cooked separately), salt & herbs.

Immunity Boosters: Brown rice has Fibre, Selenium & magnesium that helps keep immune system healthy.

7 THINGS TO REMEMBER WHEN YOU STEP-OUT POST LOCKDOWN



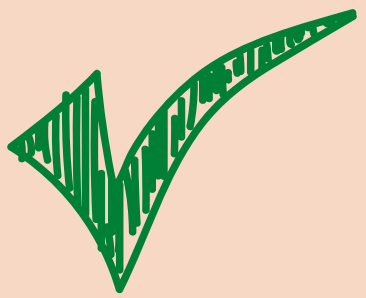
Wear a Mask every time you step out of Home!
(But don't forget to remove it when you're eating, okay?)



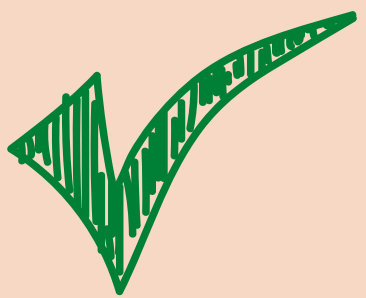
Watch your Stress Levels!
Because Stress = Cortisol = Reduced Immunity.



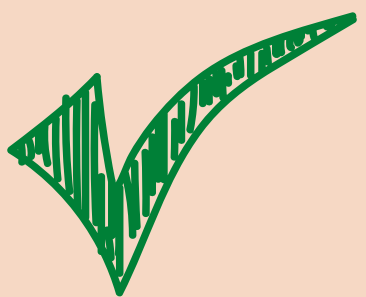
Get 7 Hours of Sleep!
Late night TV = Less Sleep = Reduced Immunity.



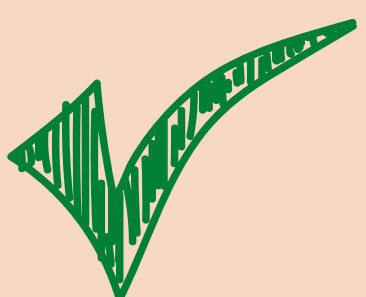
Exercise. Every day.
Even 20 mins can stimulate the Immune System!



Eat Healthy. You need the Immunity.
(Remember the SuperFoods we mentioned above?)



Remember, Gadgets are a hotbed of Germs!
Wash hands if you're touching your face or eating after using a gadget.



Drink Water. 8 glasses. Every day.
Carry a bottle along if needed, okay?

We can't control the Virus

BUT

**We can make ourselves
Stronger!**



Curo Wellness

Nutrition Consulting | Diet Assessment
Corporate Wellness Programs | Curo
Kitchen Solutions

Practical, Sustainable, Convenient.

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