

Boosting immunity of aged care residents



The Coronavirus (COVID 19) Pandemic has caused a lot of changes to our daily work and social lives. One thing that has kept constant is the importance of a well-balanced, nutritious diet for all ages.

To assist our members from different sectors, Procurement Australasia's Foodservice Ambassador, Dr Karen Abbey, will be sharing tips, recipes and developments in the food services industry- [see resource hub](#).

This week we have some tips on boosting immunity for our Health sector members.

Why COVID-19 is more dangerous for the elderly

As we age, our immune system weakens, leaving us more susceptible to infections. Respiratory infections like influenza and the COVID-19 virus are forms of pneumonia, one of the leading causes of death for those aged over 65.

How to boost immunity of aged care residents

A healthy immune system requires regular nourishment. This is best supplied by consuming a wide variety of foods across all the food groups – breads & cereals, dairy, fruit & vegetables and meat. For residents who are small eaters or underweight, it is especially important to provide energy and nutrient dense foods.

Other general lifestyle recommendations to maintain a good immune system include:

- Not smoking
- Regular exercise
- Maintaining healthy weight
- Consuming alcohol in moderation
- Adequate sleep
- Frequent hand washing
- Safely store and cook food
- Minimise stress

Exercise is another major contributor of a strong immune system. Regular exercise improves cardiovascular health, lowers blood pressure, and protects against a variety of lifestyle diseases. It also helps with reducing stress and improves sleep. Walking and simple movements to get the body moving should be done by residents daily if possible.

Blog post by [Dr. Karen Abbey](#)

Foodservice Solutions

Procurement Australasia deliver high quality foodservice solutions by working with major manufacturing/supply partners, equipment partner and specialist foodservice consultants. Talk to us about sourcing fresh nutritious foods and consultancy for menu planning, operations review and training.

