

Media Release

Karger Publishers and EFAD Discuss Nutritional and Behavioral Measures to Mitigate the Risk of a Severe Course of Infection with the Corona Virus

What are the effects of elevated blood sugar or obesity on the course of a Covid-19 infection? How can Covid-19 patients be optimally supplied with nutrients? These and many other related questions were the focus of the event "About Covid-19 and Nutrition"

At the event "About Covid-19 and Nutrition", researchers, representatives of the European Federation of the Associations of Dietitians (EFAD), and speakers from Karger Publishers introduced their new journal *Kompass Nutrition & Dietetics*. The discussion centered around the first published issue with a focus on Covid-19 and nutrition, delivering interesting insight into the correlation between nutrition effects and the immune system.

What are possible nutritional and behavioral measures to mitigate the risk of a severe course of a SARS-CoV-2 infection?

- A healthy BMI (body mass index).
- Reduced intake of processed foods high in sugar and low in fibers.
- A healthy microbiome.
- Reduction of oxidative stress on a cellular level.
- The importance of "good fats".
- Physical activity and mental health.

A healthy BMI

Both obesity (BMI \geq 30) and type 2 diabetes feature insulin resistance and impaired lipid metabolism, which lead to increased oxidative stress and inflammation. Covid-19 symptoms are more prevalent and worse in people with sub-clinical inflammatory conditions such as obesity and type 2 diabetes.

Reduced intake of processed foods high in sugar and low in fibers

Highly processed foods and sugary drinks are always and everywhere available. Not only does this level of availability increase the risk of obesity, but highly processed, fiber-depleted foods also have a negative effect on the gut microbiome. And the composition of our microbiome — a home for trillions of microbes — significantly influences our immune system.

A healthy microbiome

Fermented dairy foods (kefir, yogurt), pickled vegetables (kimchi, sauerkraut) all contain beneficial live microbiota. Prebiotic foods such as garlic, onions, banana, asparagus, or just fruits and vegetables in general that contain a high amount of fiber feed the beneficial microbiota.

Reduction of oxidative stress on a cellular level

Many foods have some level of antioxidant activity, particularly fruits and vegetables. Some dietary components have both anti-oxidative and anti-inflammatory properties. One such example is resveratrol, a natural polyphenol found in red wine, rhubarb, fruits such as blue berries, cranberries and red grapes, and peanuts.

The importance of “good fats”

After decades of being regarded as the supervillain, dietary fatty acids seem to have rehabilitated their (unjust) bad reputation and established an important status within a healthy diet. Dietary fatty acids, and in particular the omega-6 to omega-3 ratio, may influence the immune response in different situations, with omega-3 polyunsaturated fatty acids generally exhibiting a protective effect.

Physical activity and mental health

Moderate exercise helps mental and physical fitness. Being active boosts the immune system, prevents weight gain, reduces anxiety and stress, and improves sleep.

Our experts discuss the latest research in the field of Covid-19 and nutrition in more detail in our newly launched journal *Kompass Nutrition & Dietetics*. They elucidate the role that diet plays in rehabilitation following recovery and the influence of the pandemic on nutritional habits.

Kompass Nutrition & Dietetics is published twice per year in a digital format: in Fall/Winter and in Spring. Every issue will be dedicated to a thematic focus.

Interested in the *Kompass* journals?

A successful publication series of Karger's in several languages, *Kompass* journals address clinicians and medical specialists. The primary goal of the journals is to transfer knowledge from research to practice. Recent additions were made in the subject area of pneumology, which is also available in Spanish for the Latin American region, and now for our newest journal in nutritional science and dietetics as well. *Kompass* journals report on important news from a particular field and offer a section for young professionals. *Kompass'* advisory councils place a focus on the relevance of the research results for the work with patients.

More information on *Kompass Nutrition & Dietetics* can be found at [karger.com/knd](https://www.karger.com/knd)

You can view the video on the *Kompass Concept* [here](#).

About Karger Publishers

Karger Publishers is a worldwide publisher of scientific and medical content based in Basel, Switzerland. It is independent and family-led in the fourth generation by Chairwoman and Publisher Gabriella Karger. Connecting and advancing health sciences since 1890, Karger has been continuously evolving, keeping pace with the current developments and shifts in research and publishing. The publishing house is dedicated to serving the information needs of the scientific community, clinicians, and patients with publications of high-quality content and services in health sciences. Karger Publishers has 240 employees and is present in 15 countries around the globe.

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