

THE TIMES OF INDIA

Coronavirus: FSSAI urged to promote plant-based food as immunity builder

TNN | Jun 22, 2020



CHENNAI: The Federation of Indian Animal Protection Organisations (FIAPO) has urged Food Safety and Standards Authority of India (FSSAI) to promote plant-based food as an immunity builder and to seek food hygiene and safety guidelines for meat shops and slaughterhouses during the Covid-19 pandemic. The FSSAI recently released guidelines under the ambit of Eat Right India (Eat Right during Covid-19) and food hygiene and safety guidelines for food businesses during the pandemic.

“Green foods are vital against novel coronavirus by improving the immunity of all age groups and hence should be promoted by FSSAI. It is also pertinent that all the slaughterhouses and meat shops should follow all the rules notified by FSSAI under food hygiene and safety guidelines for food businesses during the Covid-19 pandemic or should be banned to operate,” says Varda Mehrotra, executive director, FIAPO.

Covid-19 poses a serious threat to people with low immunity and one of the major ways to deal with it is by boosting immunity. One of the most important components of the immune system is the T-cells, which play an essential role in supporting our immune system and are responsible for defending our body against invading pathogens that could cause diseases and illnesses.

Fruits and vegetables are packed with antioxidants like carotenoids and flavonoids. Flavonoids are found in fruits, vegetables and grains. They possess antiviral capabilities. They can also stimulate the activities of certain immune cells, including T- cells.

In the wake of the pandemic, FIAPO feels it is important that we consume healthy foods and strengthen our immune system to give a strong immune response to fight infections and ward off diseases.

People following vegetarian diets tend to have lower levels of white blood cells, our natural defender cells. This is the case for vegetarian diets, including vegan diets.

Increased number of WBC's activates the innate carcinogens which are responsible for cancer in the body. Having very low levels of these cells is not ideal as it can affect the body's ability to fight infection. However, having just the right number of white cells within a healthy range may reduce chances of getting sick.