

## 疫病防治

# 新型冠状病毒肺炎营养与中医食疗应对<sup>\*</sup>

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**摘要:** 营养治疗是新型冠状病毒肺炎患者综合治疗措施的核心内容之一, 在危重症患者营养支持尤为重要。中医药在我国 COVID-19 疫情的防控中发挥了重要作用, 中医历来重视饮食与疾病治疗的关系并积累了大量的经验, 对于 COVID-19 等感染性疾病则较少提出明确的饮食宜忌。基于中医药理论和实践经验对新冠肺炎患者的饮食宜忌、病中病后饮食原则进行系统梳理, 饮食应药食相宜、宜清淡、忌强食、宜辛忌辣、宜润忌凉、宜补忌燥, 尤其注意防食复, 忌口与营养相宜, 充分发挥中医食疗在新冠肺炎中的作用。

**关键词:** 新型冠状病毒肺炎; 营养; 中医食疗; 饮食宜忌

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## COVID-19 Nutrition and TCM Diet Therapy

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**Abstract:** Nutrition therapy is one of the core contents of comprehensive treatment for patients with COVID-19, and nutrition support is particularly important in critically ill patients. Traditional Chinese medicine has played an important role in the prevention and control of the COVID-19 epidemic in China. Traditional Chinese medicine has always attached great importance to the relationship between diet and disease treatment and has accumulated a lot of experience. For infectious diseases such as COVID-19, however, there are fewer explicit dietary suggestions. Based on the dietary suggestions from TCM theory and practical experience for COVID-19 patients, the dietary principle during and after the disease are combed systematically, that is, the diet should be suitable for the medicine, which should be bland rather than strong, pungent rather than hot, moistening rather than cold, reinforcing rather than dry, diet recurrence should be paid special attention to, and dietary taboo should be suitable for the nutrition so as to give full play to the role of TCM dietetic therapy in the treatment of COVID-19.

**Keywords:** COVID-19; Nutrition; TCM dietetic therapy

2019 年 12 月以来,截至 2020 年 3 月 14 日 24 时,我国累计确诊 COVID-19 患者 80844 例,累计死亡 3199 例<sup>[1]</sup>。在我国 COVID-19 疫情的防控

中,中医药发挥了重要的作用,中医历来重视饮食与疾病治疗的关系并积累了大量的经验,早在《周礼》一书中记载我国周代就有专门设置的“食医”,

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