

# Nutrition for seafarers during and after COVID-19

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We would like to share ideas on the publication “Healthy nutrition for seafarers during and after COVID-19 pandemic.” According to Baygi et al. [1], there were no special nutritional guidelines devised for mariners during the coronavirus disease 2019 (COVID-19) epidemic at the time of drafting this letter. We all believe that nutrition is critical during the COVID-19 epidemic. A healthy dietary status can indicate good health and may be linked to robust infection resistance. It might be difficult for seafarers to obtain nutritious cuisine that meets their nutritional needs. It is also vital to recognise the cleanliness of the food in addition to the nutrition. Contamination can easily arise in a small cabin if food sanitation is lacking. Finally, there must be a procedure in place to ensure that the food carried inside the cabin is clean. Food contamination

is also a possibility during the COVID-19 pandemic. Also, while there is no conclusive evidence that tainted food is the cause of the COVID-19 outbreak, it is suggested that seafarers take precautions to ensure that their food is not contaminated [2].

**Conflict of interest:** None declared

## REFERENCES

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2. Wiwanitkit V. COVID-19 and food safety. *Medical Journal of Dr. D.Y. Patil Vidyapeeth*. 2021; doi: [10.4103/mjdrdypu.mjdrdypu\\_187\\_20](https://doi.org/10.4103/mjdrdypu.mjdrdypu_187_20).

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