

We're working hard to ensure your supply of nutritious products

Many rely on our products and services as a food manufacturing and distribution company. Our business remains open because we're classed as essential services, producing nutritionally balanced food.

There are so many messages about coronavirus/COVID-19 and with everyone coming out of lockdown at different times, it is difficult to know what to do. However, here are the basics that you need to know about being on Plan – and more importantly staying on Plan through this crisis.

If you're already on Plan, or are looking to start The 1:1 Diet, you still can if;

1. You're showing symptoms – you'll need to speak to your Consultant as soon as possible about the current Step you are on. If symptoms are mild, Step 1b or above is recommended. If symptoms are more severe, your Consultant will recommend Step 4 or above.
2. You're in isolation – Consultants can still provide you with amazing [one-to-one support](#) and all the [delicious products](#) you need – find out more below.

Remember that if your symptoms are becoming severe, please seek medical urgent attention and follow your doctors advice.

Consultants are super flexible and can work around you

As mentioned, if you have symptoms of coronavirus, make sure you give your Consultant a call as soon as possible so they can tailor the Plan accordingly.

If you're in isolation, your Consultant will still be there for you as your supporter, whether it's via a video call, WhatsApp or Facetime, you can still have your weekly check-ins during this time!

What's more, during this current social distancing and isolation period, many Consultants have modified their processes and will be able to have products delivered direct to your door. This means that life can continue as normal for you with a weekly delivery of scrummy products!

Same great products

No fear – your products are still here! Our tasty range is full of variety, super easy to make and will last in your cupboards. Check out our product list so you can plan your week the same as any other! If you are concerned about costs at the moment you can always go up a Step to save yourself some money during this time if things are tough at home. In times of

turmoil it is important to keep yourself to a schedule, especially with everything else being out of control. You can take control of the small things.

The products are deliciously nutritious and jam-packed with quality protein and vitamins and minerals you need.

Cambridge Weight Plan is cost effective

Whilst prices vary depending on special offers etc, our tasty meal replacement products continue to have an average price of just \$5.00 per product. They are a cost-effective choice and a whole lot better for you than bad food choices.

Keep fighting fit!

If you are in isolation or social distancing, why not check out our blogs for an easy afternoon read or to inspire a new fitness venture? We've got plenty of advice to keep yourself busy and active. Home workouts are good for the body and mind! Talk to your personal Consultant today.

Coronavirus Q&A with Commercial Nutritionist Mark Gilbert



We've sat down with our Commercial Nutritionist Mark Gilbert to help answer some of the questions relating to COVID-19

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Coronavirus Q & A with Commercial Nutritionist Mark Gilbert



We've sat down with our Commercial Nutritionist Mark Gilbert to help answer some of the questions relating to Coronavirus

Q: Some people have said that low-calorie diets are bad for immunity, so what is the effect of calorie restriction on the risks associated with COVID-19?

A: The only honest answer to this question is that nobody knows for sure because Coronavirus (COVID-19) is not yet adequately understood, but what we can say is that multiple studies show improvements in immune function with calorie restriction.

Of the limited number of studies I could find, one showed obese people have a diminished immune response (this is why those with a BMI over 40 are considered 'high risk'). It also showed that a nutritionally balanced, very low-calorie diet was shown to reverse this loss of immune function. Another study in overweight people showed that caloric restriction for six months, with a diet that contained the recommended intake of vitamins and minerals, improved the function of T cells. These are the body's key immune cells that fight infection, including viruses.

However, nutritional deficiencies or malnutrition could have the opposite effect and might make a person more susceptible to infection. Also, once infected, metabolic rate may be increased, so those on a very low-calorie diet might want to increase their intake of nutritious foods, like protein, fruits and vegetables, for several days or weeks. This is what we recommend. If you experience mild symptoms (as with over 80% of coronavirus cases),

Step 1b or above is recommended. If symptoms are more severe, we would advise that a slimmer move to Step 4 or higher.

Q: I've heard that certain vitamins, herbs and supplements may help to fend off Coronavirus or treat symptoms. Is this true?

Most statements about vitamins or supplements being able to ward off Coronavirus are untrue or misleading and should be treated with scepticism. We certainly don't make this claim. Of course, most experts believe that a healthy, varied diet is likely to reduce the risk of contracting the disease or suffering the worst consequences of it. Unfortunately, nutrition surveys from the UK and USA show that the great majority of people are deficient in at least one vitamin or mineral. This is concerning because these nutrients are crucial to a healthy immune system.

In fact, a very recent research review on nutrition and immune function, which looked at 231 scientific studies, stated that, in the author's words: "Vitamins A, D, C, E, B6, B12, folate, zinc, iron, copper, and selenium...play vital, often synergistic roles at every stage of the immune response". This makes a strong case for either improving your diet or taking a quality multi-vitamin/mineral supplement. The daily requirement of these and all other essential nutrients are provided by three products the Cambridge Weight Plan range, so in that case, you would not need to add a multivitamin/mineral.

Q: What about fluids/hydration? Is it important to drink a lot?

A: An overview of the responses of a large group of patients infected by Coronavirus in China indicates that hydration can be crucial, as dehydration can cause the blood pressure to go dangerously low. The 1:1 Diet fluid intake recommendations are consistent with the Australian Department of Health recommendations of 8-10 cups or large glasses a day.

Q: Can Coronavirus be spread through food?

A: As of 21st March, most government agencies and health authorities are reporting that there is currently no evidence that the virus can be spread in foods. However, ANSES (France's Health & Safety Agency) says this could be a risk. Also, some experts have suggested food-borne transfer of the virus is possible. Thorough cooking is likely to kill the vast majority of any virus that was present in food and you should ensure that you thoroughly wash any fresh produce before eating. If restaurants and takeaways follow the rules on food preparation, risk should be very low and of course, the products from food manufacturers, like ourselves, who follow the strictest food safety protocols, designed to eliminate microorganisms, are very low risk.

If you want to find out more about how The 1:1 Diet by Cambridge Weight Plan has adapted to the coronavirus outbreak, visit **How does COVID-19 affect me on Cambridge Weight Plan?**

To find out more about being on Plan and how to start your weight loss journey, speak to a Consultant today!