# Tips For Healthy Eating During COVID-19

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# Challenge: Staying Healthy With A Change In Your Routine

1. Nutrition

2. Stress

3. Exercise

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# Change In Routine: Improvising

**Improvising** → Snack all day → Fast food → Frozen meals, cereal, or processed foods →

# Why are we improvising so much?

**Nothing I want to eat**

**I am tired**

**I am stressed**

**I am too hungry to plan**

**I am scared to shop**

WakeMed

# **Improvising vs Meal Planning**

**Improvising** | Snack all day | Fast food | Frozen meals, cereal, or processed foods

**Meal Planning** | Ingredients are available at home | Prepared meal ready to be heated | Leftovers

# Following a  Healthy Eating Plan

Fruits and
<u>vegetables</u>
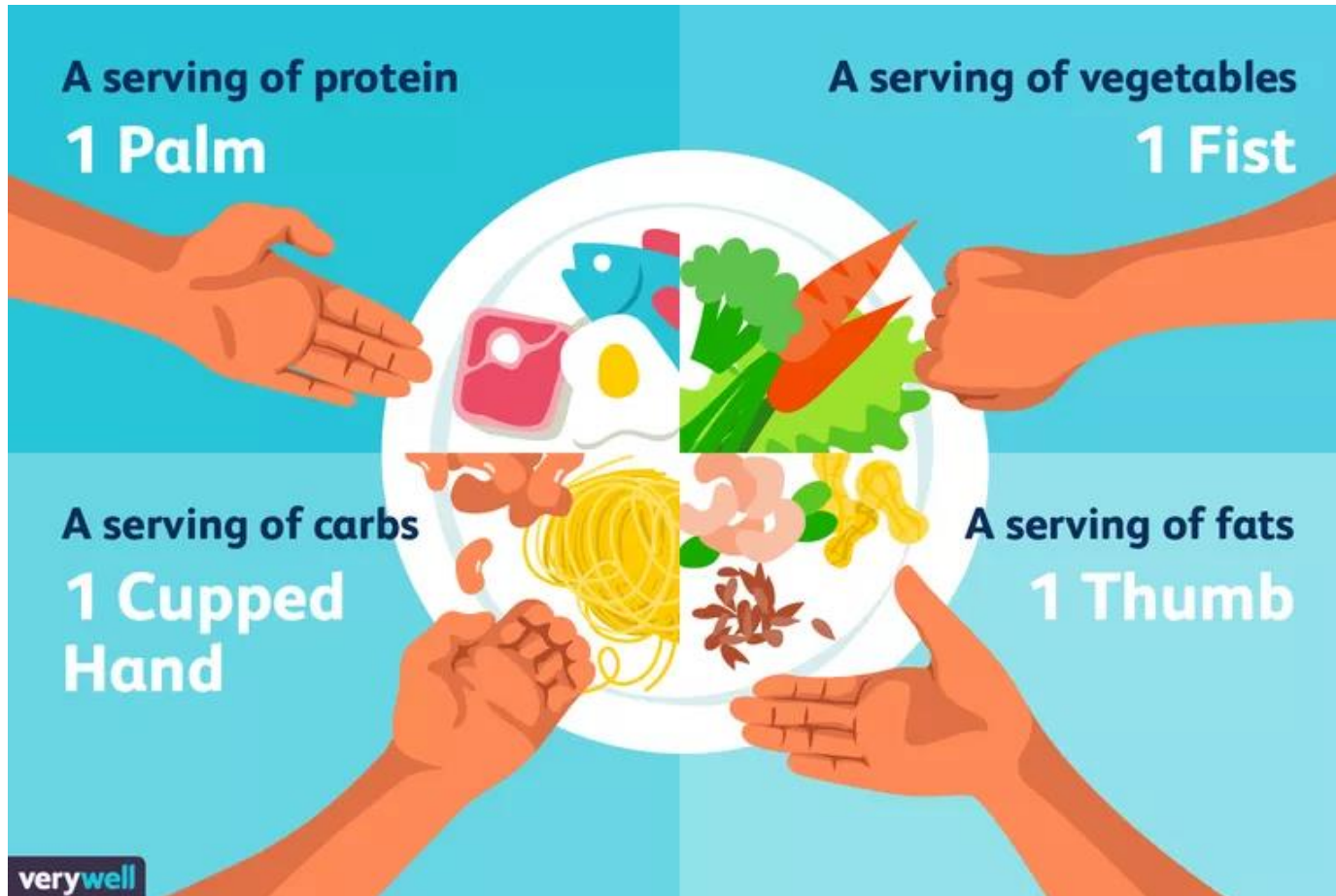50%

Lean
<u>Protein</u>
25%

High Fiber
<u>Starches</u>
25%

Right amount of calories: **portion control**

Right source of calories:

Right mix of calories:

# Portion Control



*Verywellfit.com*

# Following a Healthy Eating Plan



Fruits and <u>vegetables</u> 50%

Lean <u>Protein</u> 25%

High Fiber <u>Starches</u> 25%

Right amount of calories: **portion control**

Right source of calories: **nutrient dense food**

Right mix of calories:
**50% fruits and vegetables
25% lean protein
25% high fiber starches**

# Healthy Eating Tips

- Plan meals and snacks

- Eat at the same time

- Eat the same foods you normally

- Keep healthy snacks available

- Keep a food journal

# Building a Menu: Online Tools

Pepperplate

Paprika

Plan to Eat

Mealime

Yummly

BigOven

Google: *Healthy Easy Recipes*

Skinnytaste.com

Allrecipes.com

Delish.com

Myfridgefood.com

Supercook.com

*I have no financial, research or organizational conflicts of interests with any of these companies (MDK)

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# Long-term Stress

## Increased stress causes many harmful changes



➡ Sleep challenges

➡ Difficulty exercising

➡ Changed food preferences: cravings for high fat/sugar

➡ Increased alcohol intake

## unhealthy habits

Minerva Endocrinol. 2013 Sep; 38(3): 255–267.

# How we eat when stressed

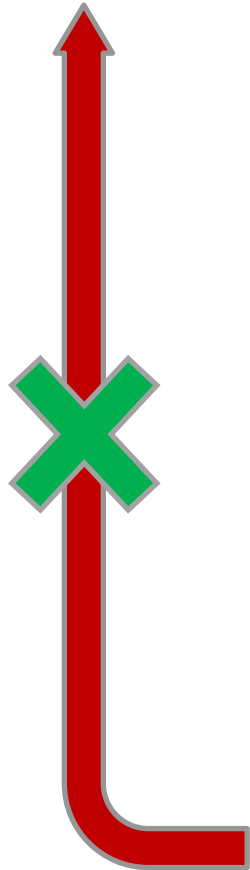We crave comfort foods high in sugar, salt and/or fat

Guilt and frustration

Often feel worse than before

Increases our stress further

# Ways to Decrease Stress

- **Meditation**
  - May decrease stress/anxiety/depression
  - May make you more <u>mindful</u>
  - Increases attention span
  - Improves sleep
  - Apps: Calm, Headspace, Mindbody
- **Exercise**
  - Increases endorphins "feel good chemicals"
  - Is a moving form of meditation

- **Socializing (since we can't do it in person)**
  - Call an old friend
  - Set up a zoom or similar type virtual call with your extended family
  - Start a virtual book club with friends

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# **Benefits of Exercise**

- Exercise can act as a stress reliever

- Can increase your self confidence

- Improves sleep

- Helps to improve health

Do whatever kind of exercise
makes you feel good!

# Exercise Apps and Websites

## Madfit:

- Free on YouTube
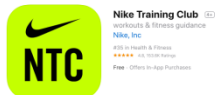- Cardio and Resistance Exercises

## Fitbod

- App: $9.99/month or $59.99/yr
- Develops a personalized resistance training program

## Nike Training Club
- App: 185 free workouts (in app purchases for additional resources)



## Couch to 5K Runner

- App: $2.99
- Helps you develop a running plan

# Summary

- **Nutrition**: Focus on routine and use technology

- **Stress**: Find outlets other than food

- **Exercise**: start with something you enjoy

We will get through COVID 19, and the habits you build now, can be a real benefit for the rest of your life

# **Questions**

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