



HERE FOR YOU

Healthy Eating During Isolation



Healthy Eating During Isolation

- Whether you are bored, working from home or on the front lines during this period of isolation, most of us are experiencing some kind of change to our nutritional needs.



Healthy Eating During Isolation



- What can you do to ensure you stay healthy and ready to battle anything that comes your way?

Healthy Eating During Isolation

- Tip 1: Focus on Vegetables
 - While struggling with other issues, if there is one healthy eating option that is the best, it's this
- Eat a variety of colourful veggies at 2 meals and one snack each day



Healthy Eating During Isolation



- Tip 2: Make it the night before
 - Put together a lunch bag or counter basket with the healthy foods you and your household will eat the next day.
 - Set a limit such as: when the healthy items are finished, if I'm still hungry AND I got my exercise in, will I be ok with a small treat today or tomorrow

Healthy Eating During Isolation

- Tip 3: Use smaller dishes
 - Cut back on portions and train your brain to only need what is on one plate or bowl.
 - Pack up left overs right away for the next day



Healthy Eating During Isolation



- Tip 4: Stay hydrated
 - Keep a water bottle filled and close by for frequent sipping. Sometimes hunger cues are actually thirst cues
 - Drink a glass of water or herbal tea before you reach for the snacks

Healthy Eating During Isolation

- Tip 5: Walk this Way
 - Practice mindfulness and ask yourself if you are hungry or bored or tired
 - Take a walk, exercise or take a nap if that is what your body really needs

