



QUARANTINE NUTRITION

It's understandable and completely reasonable that our eating habits may look a bit different right now than they did before.

You may be feeling more or less hungry than usual, your food options may be limited, and your time to prepare meals may have changed! The truth is, these times look different for everyone. Check out these tips for maintaining a healthy diet while staying safe at home.

Be Sure to Eat!

As we adjust to new routines, some people may get so involved in the workday that they forget to eat or don't eat enough. Remember that food provides fuel for our whole body, including our brains. Staying well-fueled can help maintain productivity and alertness. Plus, eating well-balanced meals throughout the day may help deter you from overeating later in the evening.

Portion Out Snacks

You may find yourself endlessly reaching into a bag of trail mix or crackers if the whole package is available! During snack time, try to portion out one serving of food and place it in a separate dish or container. Once you've finished one serving, reassess. If you're still hungry, you can certainly go back for more, but you might find that you're satisfied with what you've got!

Stay Hydrated

Drinking enough water is just as important while at home as it is when you are out and about. Try keeping a glass or bottle of water at your workstation, and be sure to sip every 30 minutes or so! You might also try setting an alarm to remind you to hydrate!

Eat What's Available

Now is not the time to be picky, as for many of us, grocery shopping trips have become a bit less frequent, and finances may be tight. Don't be afraid to purchase frozen or canned produce, looking for options low in sodium and sugar, if possible! Be creative in trying new recipes with ingredients that you have on hand. Switch up your meals, don't be afraid to have breakfast for dinner!

Take Breaks to Eat

Try to get up and move away from your workspace for meals and snacks, if possible! This will allow you to decompress a bit and actually take time to enjoy your food, which may leave you feeling more satisfied!

Quarantine Snack Ideas

- Roasted chickpeas with a serving of fruit
- Veggies with hummus, guacamole, or ranch
- Hard-boiled eggs
- Mixed nuts with cheese
- Fruit with nut butter or yogurt
- Popcorn
- Crackers with nut butter
- Whole grain chips with salsa
- Toast with mashed avocado