

NUTRITION PRACTICES DURING A QUARANTINE



MAKE A SCHEDULE FOR YOURSELF.



Structure is key right now. Set times to wake up, start working, [times for] your meals and snacks, exercise, and going to bed.



STILL MEAL PREP FOR THE WEEK.



You can still meal prep even if you're not leaving the house. Cut up veggies, cook your proteins and starches. Even if you want to actually make your meals right before you eat, doing this prep will make it easier to choose a healthy option. Do this on Sundays and Wednesdays to keep your food fresh.

USE A FORMULA FOR YOUR MEALS.



Try to build your meals and snacks around a vegetable, protein, and source of starch. When possible try to order and purchase complex sources of carbohydrates, so think whole wheat or chickpea-based pastas, brown rice, beans, quinoa, farro, or oatmeal.

LISTEN TO YOUR HUNGER SIGNALS.



Many of us struggle with how often to eat. Experts advise to use this time to try to tune into your hunger signals. If you find yourself eating more mindlessly without feeling physically hungry, try to have other non-food related activities you can participate in, such as reading, journaling, organizing the house, or working on a home project.

SIP ON GREEN TEA.



Consider sipping on green tea throughout the day. Green tea is rich in epigallocatechine gallate (EGCG) which has been found to have antiviral activity, and has anti-inflammatory properties to keep your immune system healthy.

EAT YOUR FRUITS AND VEGETABLES.



Fruits and vegetables contain flavonoids—beneficial plant-based compounds—which can help you lower inflammation. Inflammation plays a role in many, if not all, of diseases and illnesses. Flavonoid rich fruits and vegetables include, and are not limited to, the following: Apples, onions, tomatoes, oranges, nuts and seeds, berries, green leafy veggies, herbs such as parsley, celery, etc. Turmeric and green tea are also rich in flavonoids. It is recommended you eat 5 to 7 servings of vegetables a day, and 2 to 3 servings of fruit.

