

# CORONAVIRUS DISEASE (COVID-19) NUTRITION

**Healthy eating** is especially important for keeping your **immune system in top condition**. Here are some steps you can take to eat healthy during the coronavirus pandemic.



## MINIMIZE TRIPS TO THE SUPERMARKET & EAT HEALTHY

**Plan ahead.** Visualize breakfast, lunch, and dinner for at least 5 days. Consider the foods your family likes and the time and energy you will have for preparing meals.

**Think nutrition.** The healthiest meals emphasize whole grains, vegetables, and fruits. Stay away from frozen dinners—most are high in sodium, fat, and calories. Also, limit purchases of tempting foods like chips, sodas, cookies, and ice cream. They are high in empty calories and run up your grocery bill.

**Make a shopping list**—and use it! You'll be less likely to forget items or buy impulse items. Be prepared for the unexpected—supermarkets are running low on many items, so try to have a back-up plan if an ingredient you need is unavailable.

## MAKE EATING TOGETHER AT HOME A POSITIVE EXPERIENCE

**Get the family involved**—kids can help set the table, pour the water, make the salad, or grate the cheese. Make mealtimes a family affair.

**Try some new recipes**—there are lots of them on the internet! Look for those that call for only a few ingredients and use common kitchen tools.

**Reconnect with the family**—eat together at the table or spread a blanket on the floor and have an indoor picnic. Wonder what to talk about at mealtime? Chat about things you will do this summer, tell jokes—just keep the conversation upbeat and fun.



## THINK POSITIVE!

**Practice positive stress management strategies.** Walk the dog, call a friend, soak in the tub, or cuddle your kids. Avoid alcohol, tobacco, and drugs.

**Stick with your routine as much as you can.** Go to bed and get up in the morning on your usual schedule. Eat meals at regular times. Find ways to exercise away from the gym.

**Manage boredom.** Stay busy and engaged—resist hanging around the fridge or mindlessly watching TV. Enjoy your hobbies, read, cook, make videos with your kids, start a scrapbook, and stay in touch with family, friends, and colleagues.