

Eating Well While Working From Home During a Pandemic

You probably have a particular way that you like to do many things in your life – grocery shopping, exercising, meal planning, etc. Before COVID-19 the systems that were in place helped many of us fit nutritious meals and physical activity into our schedules. COVID-19 broke these systems and forced a readjustment which, for many, made these healthy habits more difficult to accomplish.

Hydrate!

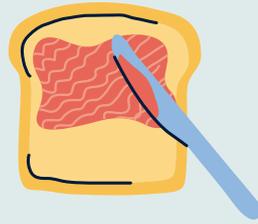
Reduce cravings and improve cognition

$bodyweight(lb) / 2 = \text{---} \text{ oz water per day}$
(minimum)



Plan & Prepare

Continue planning breakfast, lunch and dinner so you're not left wondering what to eat at meal time. What will you serve? What do you need? How much time and energy will you have?



Be Aware of Alcohol Consumption

Alcohol can directly impact sleep quality which may increase sugar or carbohydrate cravings the next day.



Snack Smart

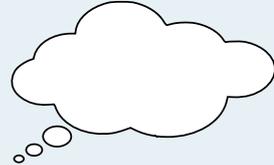
Reach for whole food options first. Choose one of the following combinations:

Protein + Carbohydrate
Fat + Carbohydrate



Be Mindful

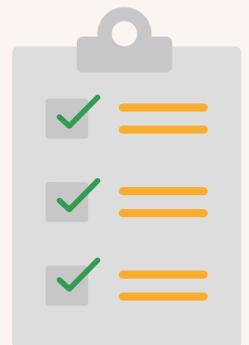
When you are spending more time at home it's easy to graze when you're tired or bored. Check in – are you physically hungry, or emotionally? If you decide to go for the snack, use a plate or bowl and leave the bag in the cupboard.



Set Yourself up for Success

This starts at the grocery store. Limit processed food and stock up on long-lasting whole food options. Wash and cut produce when you get home so it's ready for meals and snacks.

Wash deli ate produce just before consumption (e.g. berries, lettuce, etc.)



PARTY! When You Build Your Plate

P – Prioritize protein
A – Add fat to satiety
R – Reduce/remove refined sugars
T – Tons of nutrient dense vegetables
Y – Add spices & herbs for optimal flavour

