

Nutrition & Self-Care Tips During COVID-19

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Build an Eating Routine.

Having structure around your eating is the single most important planning you can do to keep your body healthy. Skipping meals or eating at random times will make you more likely to overeat, crave foods, gain weight, and increase blood sugar levels.

Skip the Late Snack.

Eating late in the day will provide unnecessary calories, increasing your blood sugar levels and inflammation. Allowing your body to naturally fast during the night for 12-14 hours strengthens the immune system and overall health.*

Eat More Vegetables

I know. You know. Aim for ½ plate of non-starchy vegetables every single meal. Add 1-2 cups of spinach to your morning scrambled eggs, use raw bell peppers as chips, add frozen cauliflower rice to your ground turkey/meat.

Drink Water.

Skip sugary drinks and aim for water. Water is vital for the brain and many organs in your body. Aim for ½ of your body weight in ounces of water*. For example, if you weigh 200 lbs, aim for 100 ounces. Water will help you stay hydrated, improving your mood, and help with weight loss.



Move your body.

Body movement improves your blood sugar levels, support your mental health and makes the immune system stronger. Aim for 30 mins daily, whether it is a walk outside, dancing, or using an online exercise video. Check out free resources, such as Nike Training App and Orangetheory on YouTube

Be Mindful.

Accept what you can't change and celebrate the small successes in your day. It is okay to have "bad days." Think about ways your days could go smoother next time. Reflect on your feelings without judgment. Having a routine in place will give you a sense of control that reduces some anxiety and make you more likely to succeed.

***always consult a healthcare professional to make sure these recommendations are right for you.**