



NUTRITIOUS FOOD



Social distancing has created an increased opportunity to get healthy food into your body. Without the need to pack a lunch, or the convenience of fast food on the way to your next meeting, many people are eating at home a lot more. To invest in healthy food for your body, mind, and soul follow these guidelines.

- » **Food is meant to nourish you.** It is meant to be eaten and enjoyed and usually in good company. Create meal times that allow you to eat and connect with others. This could be family meals or sharing a meal virtually with a friend. Avoid eating while working.
- » **There is no such thing as a super food.** Have you ever stopped to think how often we act as if food has the power to condemn you or save you? It is important to remember that it does not. Right now, you may find yourself craving more carbohydrates. Stress does that. It's okay. It is a natural response to what's happening. If you indulge in some junk food, it's okay. You will live. You will also find ways to nourish yourself later. Food perfection is not the goal right now. Nourishment is the goal. Don't sweat it if you eat a candy bar in a moment of stress. You'll recover later.
- » **Try to make half of your meals fruits, vegetables, and/or beans.** This will naturally build a healthy plate. It's an easy approach and a good start to a nutritious meal.
- » **Do not try to overhaul your diet right now.** Just do your best day to day and fill your body with food that nourishes it.
- » **Don't judge yourself for buying non-perishables.** Since everyone is trying to take less trips to the grocery store, you may be stocking up on canned and frozen fruits, vegetables, and beans. That's okay. These non-perishable versions of food are just as nutritious.

Always be sure to get nutrition information and guidance from Registered Dietitians. Here are some good websites to follow for more information:

<https://livelytable.com/>

<https://www.theleangreenbean.com/>

<https://www.abbeyskitchen.com/>