

FOOD FOR THOUGHT

“Let food be thy medicine” - Hippocrates

Healthy Eating Basics

Components of a healthy diet

- Vegetables (various colors), legumes, starchy vegetables such as potatoes, provides vitamins and minerals
- Fruits provides fiber, energy, hydration, vitamins
- Whole grains in place of refined grains as much as possible – bread, pasta, & flour
- Dairy products such as yogurt and fortified soy beverages
- Protein from eggs, seafood and poultry, nuts and seeds. Legumes and soy products are also protein rich foods
- Healthy oils – My vote is for olive, avocado, and walnut oils
- Use various herbs and spices to decrease sodium intake

Emotional support

Light therapy anyone? Aim for 20-mins of daily sun exposure. Rooftops, porches, & windows will suffice if living with outdoor restrictions.

Supplementation may help and be sure to get adequate sleep each day.

Work up a sweat everyday.

Pandemic Nutrition

Consider setting up your own food pantry in case of an emergency. Simply store shelf-stable proteins, oils, veggies, grains, and spices (see next page for ideas).

Prep for emergencies while following the basic healthy eating guidelines when food is readily accessible.

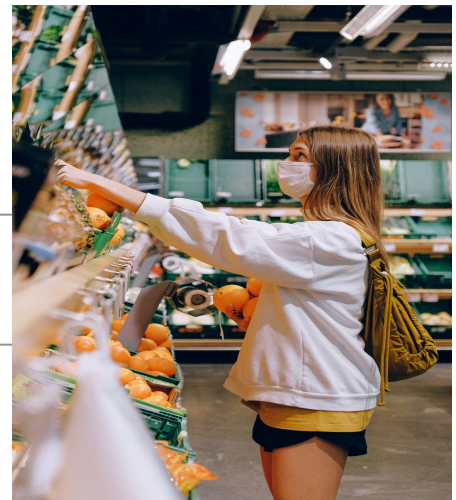
Diet Plan Recommendations

1. Vegetarian to Flexitarian diets (Mostly plant-based)
2. Mediterranean diet
 - a. Weekly intake of fish, poultry, beans and eggs
 - b. Moderate portions of dairy products
 - c. Limited intake of red meat

Rationing recommendations during scarcity:

Add small portions of high energy food to your menu

- Add small snacks
- Nuts and nut butters
- Dried fruits
- Dairy products
- Oils
- Be sure to supplement



Supplementation

- Vitamin C: Stress & immunity
- Vitamin D: Poor sun exposure
- Multivitamin/mineral: Due to limited access to various foods
- Fish oil: Stress & inflammation

Exercise

- 150-mins of moderate aerobic exercise weekly – brisk walking and activities that resemble walking (e.g. mowing lawn or walking a dog).
- 75-mins of vigorous aerobic exercise weekly – running and activities that resemble running such as aerobic dance.
- Strength training 2-3 days per week – target all muscle groups with resistance that tires out the muscles between 12-15 repetitions.
- Aim for 30-mins of daily activity.
- Limit sitting time or single positions – in other words, keep it moving.

Comments

Surgical masks (paper or cloth) may not provide adequate protection. However, it may be a suitable barrier for individuals that are already ill to decrease spread and limit hand-to-face contact. The N95 provides a seal and therefore adequate protection. However, supply is being rationed for healthcare providers at this time.

Power outages may require foods that require little to no cooking time.

During quarantines or periods of limited activity ensure adequate water intake.

Special diet or dietary restrictions? Seek a medical or health professional for specific guidelines

Seek counseling if necessary

Shopping Recommendations

- **General:** Wash all produce under soap and water and leave to dry. Discard all outside packaging when possible and wipe down containers when necessary. Use contactless payment methods (include tipping). Avoid touching your face during any outdoor expedition and wash your hands thoroughly upon returning home and sanitize your footwear.
- **Virtual:** Shopping with delivery – Sanitize all surface areas and discard the outer containers immediately. Try to maintain social distancing recommendations during delivery transaction. Have delivery person leave packages and step back while you pick up packages.
- **Markets:** Avoid peak hours whenever possible. Maintain distancing guidelines in aisles and during checkout. Discard any plastic or paper bags from the market immediately.

Emergency Food Pantry



Prepare a 21-day box ~42k calories per person.

Why? In case delivery systems break down. (Here's a sample!)

Food item	Size/Quantity	Calories (~42k)
Peanuts	2 lbs.	6,000
Olive oil	1 liter	8,000
Dried cranberries	1 lbs.	1,700
Corn flakes	26 oz. x 2	6,000
Canned black beans	6 cans	2,700
Canned tuna	12 cans	1,600
Canned salmon	6 cans	1,700
Marinara sauce	25 oz. x 3	900
Pasta	16 oz x 6	8,600
Frozen mixed veggies (Cans for long term)	1 lbs. x 10	3,000
Soy milk	1 liter x 4	1,600

Sources:

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