

Ten tips to help you maintain healthy eating

Maintaining healthy eating during this crisis is important. It helps you physically and mentally. If you have any concerns, please use the NHS website, or contact them on 111. This top-ten is written with advice from the NHS and The Association of UK Dietitians. To provide some helpful tips.

1. Eat five portions of fruit and vegetables each day

Remember, fresh, frozen, dried, and canned all count towards your total 5-a-day. Do not forget to include the vegetables you add to cooked dishes. For example, onions in a stew or casserole, tomatoes in a pasta sauce or vegetable soup are included.

2. Balanced Diet

Potatoes, bread, rice, pasta, and other starchy carbohydrates are part of a balanced diet. Include starchy foods such as chapattis, breakfast cereals, noodles, and oats as part of your meals. Aim to include one food from this group at each mealtime and eat regularly. Try and opt for wholegrains where possible.



3. Variety

Choose a variety of different types and colours of fruit and vegetables. As well as providing vitamins, minerals, and fibre the natural colours and flavours of plants add powerful antioxidants to our diet.



4. Proteins, lean meat and oily fish

Beans, pulses, fish, eggs, meat, and other proteins - choose lean meat or remove excess fat and remove the skin from chicken. Avoid frying where possible. Try to include two portions of fish each week. One of which should be an oily fish (darker-skinned). For example: mackerel, trout, sardines, or kippers.

5. Dairy and alternatives

Dairy foods provide the richest and best-absorbed source of dietary calcium. Try for three portions a day to meet most calcium needs.

6. Use supplements

While you cannot prevent catching COVID-19 through supplements. It can help the normal functioning of your immune system. So, if you are struggling to maintain a balanced diet then supplements can help.

7. No need to stockpile

There is no need to stockpile or buy more food than you normally would. Although you should seek to keep shopping trips to a minimum. The government has no plan to close supermarkets. Any shortages now are being caused by panic buying.

8. Ask yourself – Are you hungry?

The challenges of working from home. Combined with anxieties and uncertainties about the future can cause us to snack more than usual. If you are bored, lonely, or stressed, build a toolkit of resources to support yourself instead of reaching for a snack. If you are feeling a bit low – reach out to a friend. Take some time out to enjoy a cup of tea and likewise if you are stressed with work, take a break.

9. Research

Research demonstrates that time and time again we will opt to snack on the first thing we see. Switch up your cupboards and fridge so that the healthiest choice also becomes the easiest. This can be as simple as moving healthy snacks such as nuts and seeds to the front.

10. Wait until you are hungry

If you wait until you are hungry to eat, you are likely to make less healthy choices. Tweak your new daily routine to take five minutes in the morning to prepare healthy snacks for the day ahead. For example, chopping up veggie sticks or fruit slices.

