

Mealtimes during Covid_19



Use the proportions of foods on the Food Plate as a guide to help you make healthy meals. It's all about being creative. No matter the type of meal, use wholefoods and plenty of plant based elements.

Step 1: Make half your daily intake fruit & veg, more veg!!

Step 2: Choose whole grain foods.

Step 3: Include protein at every meal, the plant ones too!!

Step 4: Fats are energy dense, a little goes a long way.

Step 5: Herbs & spices add flavour and much needed diversity.



Cook

Things to know about cooking and how you might be feeling...

Perhaps you've been lucky enough not to have had to cook as you typically eat out. Perhaps you just plain detest it. Perhaps you find it boring. And right now in the middle of all this uncertainty you are telling yourself why bother.

Well, whether you find this preachy or not, it is important to cook. It is important to find time in your day and week because it is healthier and more economical.

"WE DO KNOW THAT EATING A HEALTHY DIET, BEING PHYSICALLY ACTIVE, MANAGING STRESS, AND GETTING ENOUGH SLEEP ARE CRITICAL TO KEEPING OUR IMMUNE SYSTEM STRONG"



Tip #1

Get a slow cook meal on first things as you are most likely be too tired after you finish work.

Tip #2

It's very tempting to snack continuously when you first start working from home. Discipline yourself to 3 meals , a snack 11am and 3pm if hungry. Do star jumps and drink water for cravings.

Tip #3

You might be tired and emotional right now. Your brain strives for energy and safety everyday when it wakes. Recognising this might help you choose a more wholesome meal to give your old brain comfort that sufficient nourishing fuel is available.

Tip #4

Batch cook and get the kids chopping the veggies. Life skills that they will be gratefull in the future. Having ready made meals are a good send after a hectic day.

Meal Plans

Like them or loath them, we need to start using them.

If you've always been someone who's happy to wing it for the week, you may resent the whole notion of meal planning. Why bother? Meal planning helps to focus your mind, typically when you plan you make a grocery list. Right now our stores are doing amazing work keeping us fed but let's support them and get in and out as quick as we can and visit the stores less often.

Motivation no 1.

Having a clear idea of what you need, not want, will mean that you avoid the most processed foods. And if you don't have it in the house, current guidelines might make you think twice to nip out to the shop for it. Win for your health, win for the environment and win for reducing the virus spread. **Motivation 2**

The first step to creating an effective plan is to set the foundations. The foundations of any good meal are whole foods...proteins, fats, carbohydrates. Identify what stock you have at home and make use of those goods lurking at the back of you press. Think of it as a project with your own value, decluttering, improving your gut flora or finding your creatvie culinary skills.

Motivation 3.



1

Increase fruit and veg - antioxidants, vitamins and minerals which are the building blocks of your Immune System. Frozen are fine!!

2

Stay hydrated, we can only survive 4 days without water... 40 without food. Plus it helps for your ☐

3

Increase fibre for healthier digestion - 30g per day - means increasing veg portions to 10 per day!! Think veg, wholegrain, legumes...

Focus on your digestive system because our gut bacteria are

- our defence soldiers, protecting us from harmful bacterial invaders.
- impact body functions like hormone production, breaking down food, getting the nutrients into the body, making vitamins, helping to regulate appetite and even producing happy hormones.

Help them by...

4

Protein is the building blocks of the cells in your body. Try meatless meals to save costs in the kitchen but also build your gut flora.

5

Sleep
Exercise
Emotional well-being

6

Reduce sugar as it not only impacts our metabolism but also it impacts of our microbiome. Hard as it may work towards reducing the treats

Starchy and Fibre - grains - rice, wholewheat, spelt, millet, rye; starchy veg - spuds, corn, beets, squash, carrot and parsnip; legumes (beans, lentils and tofu); all the other colour of veg and fruits.

Natural Sugars - Fruit and Milk.

Added Sugars - juice, fizzy drinks, buns, cereals, chocolate, sweets, ketchup.

FOOD GROUPS

Fats - fatty portion of meats, dairy products, oils, avocados, nuts and seeds.
A little goes a long way.

Good News - if you eat meat, fish, dairy food, beans, lentils, you are getting enough protein. No Need to worry!!

Vitamins -
fruit and vegetables.

Minerals - fruit, vegetables, seaweed flakes, and milk/dairy products.

Some practical...

things you can do to make your shopping basket efficient.

Buy whole-foods in bulk. remember than a 1kg bag of pasta should have 13 adult serves or more. Likewise for rice.

Simple things like blocks of cheese over pre-grated ones are more cost effective.

Homebrands are often as nutritionally dense as branded options. So if you can't find your favourite brand, choose what's there.

Eating organic is a 'nice' to have not a 'must' have to be healthy. Eating more fruit and veg is a better focus.

Beans, lentils, nuts and tinned fruit have a super long shelf life. Bar the nuts, they are inexpensive staples that will need a little creativity to bring flavour. Recipes suggested opposite, and get clever about substitutes.

Stock up on long life options that are on sale. If you don't have space in your kitchen, put them in your wardrobe.



Sme of my favourite resources:

<https://ottolenghi.co.uk/recipes>

<https://cookieandkate.com>

<https://www.naturedoc.co.uk>

<https://www.jamieoliver.com/recipes/category/course/healthy-lunch-ideas/>

https://www.bbc.co.uk/food/chefs/lorraine_pascale

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