

Dietitian's Advice to Stay Well During COVID-19 Pandemic

Distance well:

- Follow social distancing guidelines and keep 2 meters away from others.
- Shop during off -peak hours
- Limit grocery shopping trips by planning ahead and making a list. Gradually build up a 2-3 week supply.

Clean well:

- Do not touch your face with unwashed hands.
- Wash your hands before and after all food handling (grocery shopping, putting away groceries, food preparation, eating, and putting away leftovers), sneezing, coughing, nose blowing, and going to the bathroom.
- Wash fresh produce under running water, especially if eating the skin and not cooking. You may wash your non-porous containers with soap and water for peace of mind.
- Do not go grocery shopping or prepare food for others if you are ill.
- Do not share food, drink, or utensils with others.
- Wash high touch and food preparation surfaces (counters, drawer and fridge handles, rags, and towels) often.

Eat well:

- Eat plenty of colorful vegetables and fruits (eat the rainbow), whole grain foods, and protein foods. Choose protein foods that come from plants more often.
- Limit more expensive higher fat, sugar, and salt convenience or more processed foods.
- Buy foods with an extended shelf-life: fresh, frozen, canned, dried, tetra-packed, vacuum sealed. Touch it; buy it.
- Follow the 4 steps to food safety—clean, separate, cook ,and chill—to prevent food borne illness.

Hydrate well:

- Liquid recommendation for adults: 9 cups for women/12 cups for men.

Rest well:

- Get good quality sleep and build in multiple mini-relaxation pauses throughout your day.

Move well:

- Move your body often for energy—exercise, stretch, stand tall, smile—Motion creates emotion!

Breathe well:

- Go outdoors for fresh air and sunshine.

Manage stress well:

- Be aware of and manage your thoughts and self-talk (focus on what you can control, stick with the facts, be positive); practice gratitude; cut the drama out; stay remotely connected with loved ones; practice mindfulness, meditation, and deep breathing; design, schedule, and stick to your new routine; change your feelings by using your 5 senses (change what you see, taste, hear, touch, and smell); THINK before you speak.