

EATING HEALTHY

DURING COVID-19

Can food help to keep you healthy and protect you from COVID-19? In many ways: YES! Healthy eating helps all of us maintain a stronger immune system.

If you have a chronic health condition, like diabetes, cardiovascular disease, lung disease, or uncontrolled HIV, you may be at a higher risk for having a more severe case if you become infected with COVID-19. The good news is, how you eat can help protect you! It is important to follow any diets that your dietitian or healthcare provider have prescribed.

If you don't have a diet plan from your provider, following the USDA MyPlate guidelines is an easy way to make sure you get all the nutrients you need to stay healthy. During COVID-19, here are some tips to help you meet the MyPlate guidelines and eat healthy and safely.

Tips for FOOD SAFETY

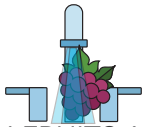
There is no evidence that the coronavirus can be transmitted through food or beverages, **but to be on the safe side, follow food safety advice:**



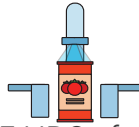
ALWAYS WASH YOUR HANDS for 20 seconds with soap and warm water before, during, and after preparing or eating foods.



CLEAN FREQUENTLY TOUCHED SURFACES in the kitchen with soap and hot water or disinfectant house cleaners.



FRESH FRUITS AND VEGETABLES should be washed before peeling, cutting, and eating to get rid of germs, dirt, and other contaminants.



WASH THE LIDS of cans prior to opening them.



HEAT COOKED FOODS to the correct internal temperatures to prevent food sickness.

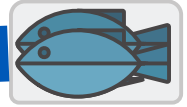


DON'T SHARE food and beverages that have been in contact with another person's saliva.

Learn more healthy eating tips at eatright.org/coronavirus.
chasebrexton.org/StayHealthy

SHOPPING QUICK TIPS

FRESH FOODS FIRST

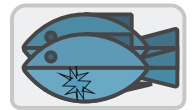


Veggies, fruits, low-fat dairy, lean meats, eggs, tofu, and fish are great to purchase, whenever you can.

FRUITS AND VEGGIES



You should eat at least 3 servings of vegetables and 2 servings of fruit per day.



DON'T BUY BRUISED, PUNCTURED, MOLDY, or damaged fresh food.

PREPARED FOODS



When buying prepared foods or deli, make sure they are low in sodium, hydrogenated oils, added sugars, and preservatives used to extend their shelf life.

SHELF STABLE FOODS



Buy canned vegetables and meat that are labeled as low sodium or no salt added. Canned fruit should be in the juice with no added sugar.



DON'T BUY OR USE DAMAGED CANS that are expired, dented, leaking, bulging, hissing, foaming or smell bad.

COOK OR FREEZE



Be sure to eat your freshest foods first so you don't waste anything. If you won't be eating them right away, freeze or prepare meals and freeze for later.

MyPlate SHELF STABLE SHOPPING LIST:

GRAINS

- **100% whole grain breads:** pita, tortillas, sliced loaf, buns
- **Whole wheat crackers**
- **Microwavable/quick cook grains:** brown rice, couscous, quinoa, pasta
- **Cereals**
 - Cold** - raisin bran, Cheerios, Chex, etc.
 - Instant** - oatmeal, Cream of Wheat, grits
- **Granola bars**



PROTEINS

- **Canned*:**
 - meats and seafoods** - tuna, sardines or anchovies, salmon, chicken, sausages
 - beans** - chickpeas, black, kidney soups
- **Nuts:** trail mix, soy nuts, nut butters
- **Jerky:** beef, salmon, turkey, seitan (vegetarian)
- **Protein bars/protein powders**



VEGETABLES

- **Canned/jarred*:** tomatoes (diced, stewed, crushed, or whole), peas, green beans, beets, spinach, garlic, spaghetti sauce *Tip! Buy garden combo tomato pasta sauce for extra veggies*
- **Frozen:** corn, white potatoes, sweet potatoes, cucumbers, carrots, onions, peppers, broccoli, green leafy veggies - spinach, collard, kale
- **Air-popped or freeze dried veggies**
- **Potatoes:** fresh, dried, or instant



FRUITS

- **Canned (in natural fruit juice):** peaches, pineapples, fruit cocktail, pears, mandarin oranges
- **Dried:** cranberries, raisins, cherries
- **Frozen:** bananas, berries, pineapple, mango
- **Fruit leather**



DRINKS

- **Water** (regular or sparkling)
- **100% fruit juices**
- **Powdered/dry milk**



* Choose low-sodium or no salt varieties
underlined = Ingredient for this recipe

Grocery shopping has become a challenge. Not only are stores out of fresh foods and paper goods, it is safer to shop less often. Stocking up on healthy shelf stable and dry or canned foods is a solution. **Use our list as a guide to help you pick out healthy, MyPlate shelf stable options!**



Tips to

STAY PHYSICALLY ACTIVE



Exercise is a great way to relieve stress, anxiety, or depression and reduce your risk for obesity, diabetes, and cardiovascular disease. Here are some things you can do - while still physically distancing from others!

Just walk!

- Strive for a 20 minute brisk walk each day.
- Use a pedometer (your phone may have one) and set a goal to work your way to 10,000 steps (or 5 miles!) per day.
- When possible, expose your arms and legs when walking outdoors to get some vitamin D which may help strengthen your immune system and reduce depression!

Exercise indoors - use your environment to your advantage

- If you have stairs in your building - take them.
- Create your own workout space at home with resistance bands and free weights - you can also use heavy books or cans if you don't have free weights.
- Use free programs on YouTube for guided exercises. Try searching: "beginners yoga" "low-impact cardio" "stretching" or any other forms of movement you have been wanting to try.
- Set a goal and track your progress either in a journal or on a mobile app such as My Fitness Pal.

Tips on

VITAMINS & SUPPLEMENTS



Vitamins and minerals are important building blocks for your immune system. Supplements are one way to help fill in missing pieces. But food is the best way to get your vitamins and minerals.

Someone who is well nourished with a healthy diet will have stronger defenses to fight illnesses. And, if someone develops COVID-19, healthy foods and calories can help to prevent unintended weight loss.

Talk to your health care provider or dietitian prior to starting any vitamin, mineral, or herbal supplement. These:

- can interfere with your prescription medications
- may give you too much of some vitamins and minerals and can cause health issues
- are not absorbed by our bodies as well as vitamins and minerals in food



HERBED CHICKPEAS

INGREDIENTS

2 15.5-ounce cans chickpeas, rinsed, patted dry
4 garlic cloves, crushed
1 cup olive oil
Salt & pepper
2½ cups chopped mixed herbs (such as parsley, cilantro, chives, and/or basil)

DIRECTIONS

Place chickpeas in a large skillet and add garlic and oil; season with salt and pepper. Cook over medium heat, stirring occasionally, for about 10-15 minutes or until chickpeas are crisped and some have split open (these will be the most delicious ones). Remove from heat; stir in herbs.

SERVING IDEAS Eat on their own; top with feta cheese; fry an egg and serve egg over the chick peas; toss with spaghetti.