Eating Healthy While at Home

It may feel comforting to eat junk food and put a healthy lifestyle on the back burner right now, but eating well can help you sleep better, feel better, and keep your immune system in fighting shape. Here are a few tips for maintaining healthy eating habits while quarantined at home:

**Watch the snacks.**
While you’re at home, it’s easy to graze throughout the day and nibble on snacks you might otherwise not be eating. Although a healthy snack can give you a boost of energy and satisfy hunger, be mindful about snacking too often or eating the wrong types of snacks. A spoonful of peanut butter will be more satisfying, for a longer period of time, than a couple of cookies or handful of crackers.

**Don’t eat out of boredom.**
Extra time at home can bring lulls of activity and it’s easy to fill that void with food. As we look for something to occupy our time, we tend to feel hungry. Avoid popping into the kitchen or reaching for the candy dish. Instead, keep a water bottle next to you and plan out your day each morning. Keeping a routine, staying active, engaging in a hobby, or having a list of items to do each day will help keep you from mindlessly eating.

**Control your portion size.**
More time at home can mean cooking bigger meals. Be sure to limit how much you put on your plate as well as going back for additional servings. Instead, divide and store leftovers so that you have lunch for a few days. Don’t forget to include the right balance of protein, vegetables and fruits to ensure your family has a well-balanced meal.

**Look online for new recipe ideas.**
Bored with the same foods and need inspirational ideas? Check out websites such as Pinterest and food blogs for recipes using ingredients you have on hand. Reviews from users will help you know whether it’s going to be a hit or what suggestions they have for improvising.

**Satisfy a sweet tooth the healthy way.**
Baking can also be a comforting hobby during this time. Make sure that you have healthy treats to grab when you have a craving for sweets. Use frozen fruit to make smoothies or popsicles or create granola or trail mix from ingredients in your pantry. It’s okay to treat yourself occasionally, just continue to remember your portion sizes!

For more resources and updates about COVID-19, visit pardeehospital.org/coronavirus