

FOR IMMEDIATE RELEASE

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Nutrition and Health During the Quarantine

Now more than usual, people are looking for ways to stay healthy. In addition to good hygiene, good nutrition and hydration are essential. Eating a well-balanced diet and drinking enough water increases your immune system and lower your risk of most chronic and infectious diseases. In a time when grocery stores might be low on the item you are after, what do you do? Make simple swaps for items available with similar health quality.



If fresh and unprocessed foods are not as available in the grocery store, look for frozen or canned. As long as you pay attention to the ingredient label and make sure the first ingredient is the food you are buying, canned or frozen foods are a good simple swap. Also, canned and frozen foods will store longer. This helps you get the nutrition your body needs, especially when purchasing vegetables and fruits. When it comes to legumes, like lentils and beans, the fresh, frozen, or canned method works too. Make sure whatever you are buying, you are stocking up on nutrition packed foods that will stay fresh for a week or longer. Also, to keep costs down, limit the purchase of pre-made foods, like frozen dinners, and foods high in empty calories like chips.

In addition to eating nutritious foods, staying well hydrated is very important too. Drink plenty of *water* every day. General guidance is for everyone to drink 8-10 cups of water each day. Drinking coffee and tea is alright, but watch the amount of caffeine you are drinking. Drinking juices and soda should be limited because of the amount of sugar contained in them.

Eating out during the quarantine is an interesting situation. Do not go out and sit down in a restaurant. At the same time, we need to support our local small businesses. It is alright to see if your favorite restaurant will do carry out orders or deliver. We want to support our local small businesses, but we need to maintain social distancing as much as possible. Also, when ordering your food, look for the healthiest option on the menu. Most restaurants have at least one healthier option.

Another aspect of health connected with nutrition is the social aspect of meal time. Remember the old fashion big family meals? Try to structure your meal time so that everyone in your household is involved. This could mean having your kids or significant other help you cook. It also helps to set a schedule for meals. This is good for a couple of reasons. It helps you

plan out what food you will use when and help you organize a shopping list for when you go to the store. Also, it will cut down on the mindless snacking and save money. Having a structured meal time also encourages socialization. Socialization is a big piece of health many might be missing during this quarantine.

Finally, if you are worried about going to the grocery store to get food, it is understandable. Call your local grocery store or check their website. A number of businesses have introduced personal shopper' services or reduced the price of their current service to help with social distancing.

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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