

From your Health Center Dietitian:

Here are some tips from EatRight.org to help everyone stay healthy while staying in.

If you have any questions or would like more advice, contact me!

Feel free to reach out via email at kimberly_scarpa@stgeorges.edu

Here for you,

Kim Scarpa, R.D.



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STAY HEALTHY DURING SOCIAL DISTANCING OR QUARANTINE:

Enjoy healthful foods

Hydrate healthfully

Stay active and engaged

Make mental health a priority

Have fun in the kitchen



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HEALTHFUL TAKEOUT AND DELIVERY MEALS

Terms that may indicate
healthful choices:

- Baked
- Grilled
- Roasted
- Steamed
- Al fresco
- Marinara



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SUPPORT YOUR HEALTH WITH NUTRITION

No one food or supplement can prevent illness.
Include these nutrients in your overall eating
plan on a regular basis:

- Protein
- Vitamin A
- Vitamin C
- Vitamin E
- Zinc
- Probiotics
- Beta carotene



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GET PLENTY OF SLEEP

7-9
HOURS

Amount recommended
per night for **adults**

8-14
HOURS

Amount recommended
per night for **kids**



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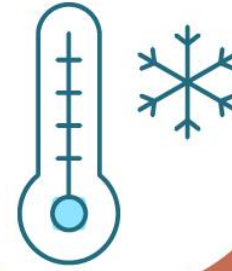
MEAL PLANNING TIPS

Before buying, see what food you have at home.

Practice “**first in, first out**” rule to eat oldest food before newer items.

Create menus around foods you have on hand.

Choose recipes for the week that incorporate overlapping ingredients.



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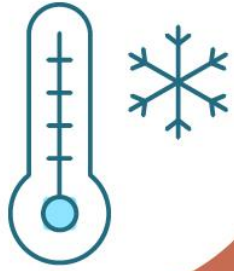
FOUR STEPS TO REDUCE FOOD WASTE

Buy only what you need.

Store produce properly.

Find multiple uses for fruits and vegetables.

Compost the scraps.



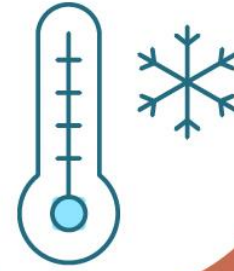
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CANNED FOOD TIPS

Look for key phrases: **“packed in its own juices,” “packed in 100% juice,” “unsweetened,” “no added sugars,” “no salt added,” “reduced sodium”**

Drain and rinse beans and vegetables to reduce sodium

Avoid cans with **dents, bulges, cracks or leaks**



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FROZEN FOOD TIPS

- * Read Nutrition Facts label
- * Limit foods with added sauces
- * Compare brands to find most nutritious option
- * Choose those lower in saturated fat, added sugars and salt
- * Pick items higher in fiber, vitamins and minerals