

## SELF-CARE: EATING HEALTHY DURING DIFFICULT TIMES

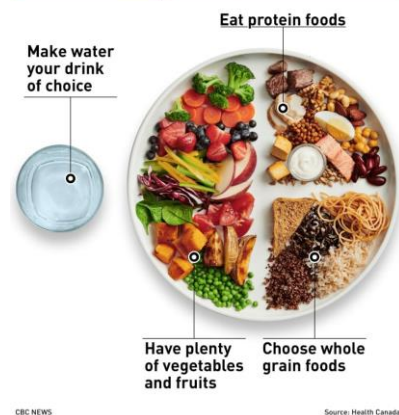


More than ever, during stressful times, we need to eat healthy in order to give our body all the nutrients it needs to function properly and recover soon from any distress. Our bodies need more than 40 nutrients that healthy foods can provide.

This is a time when all what you eat counts: for keeping yourself well and strong. It is also a crucial time to make the best of the foods we have available, preparing balanced meals, and to avoid wasting food. Here are some tips:

- Try to eat 2 to 3 healthy meals per day
- Include in each meal:
  - A fruit: all fruits are healthy
  - A vegetable: all vegetables are healthy
  - A small amount of proteins: from animal sources, such as meat, poultry, fish, seafood, and cheese; and/or from vegetarian sources: legumes (lentils, beans, chickpeas, etc.), tofu.
  - A small amount of complex carbohydrates that will give you energy, such as: grains (rice), breads, cereals (oatmeal), starchy vegetables (corn, sweet potato, potatoes), pasta, tortillas and wraps
  - Dairy: low-fat milk and yogurt.
  - If you cannot tolerate cow's milk, you can drink plant-based milks such as soymilk, almond milk, etc.
  - Fats: include small amounts of healthy fats for cooking, such as canola, sunflower, safflower, and olive oil: 1 tsp. of oil per person, per meal. Other healthy fats include nuts, seeds and avocado; keep your portions small as they are packed with lots of calories in a very small portion Avoid fried foods as they can make your digestion more difficult.
  - A glass of water or 2 to maintain yourself hydrated.

### Canada's food guide recommendations



## SNACK ON HEALTHY FOODS

- Fruits and vegetables make healthy and low-calorie snacks, packed with nutrients.
- A sandwich prepared with healthy foods, such as peanut butter and jam, cheese, cucumber, etc.
- Yogurt and fruit (fresh, frozen, or canned)
- Nuts: walnuts (rich in omega-3), almonds, pecans, pistachios, peanuts, etc. Keep your portion small (1/4 cup) as they are packed with calories
- Smoothies prepared with milk or water and fruit; try to add other ingredients such as vegetables (spinach) or seeds (flaxseeds, chia seeds, etc.).



## FRUITS AND VEGETABLES

- The more the better: if possible, select different fruits and vegetables at each meal to get more nutrients. All fruits and vegetables are healthy. You may tolerate them differently, though, so listen to your body. Eating a variety of fruits and vegetables will provide different nutrients.
- Fresh, frozen, and canned! Aim for fresh produce when available. However, frozen produce makes a healthy alternative. Canned produce is also a good alternative; if possible try to select low-sodium canned vegetables, or rinse them before using them. For fruits, try to select fruits canned in water, own juice or light syrup more often than canned in heavy syrup.

## KEEP YOURSELF WELL HYDRATED

- It is extremely important that you drink enough healthy fluids, such as water (8-10 cups/day) and milk (2-3 cups/day). Aim for 8-12 cups per day.
- Coffee and tea (without sugar) in moderation can also count into your fluid intake.
- Limit your intake of coffee and/or tea to no more than 3 cups/day each (without sugar or slightly sweetened). Add milk or cream in moderation according to your liking.



### ***Remember:***

***Eat enough, eat healthy, and drink plenty of fluids.***

