

Social Distancing Nutrition Tips:

In uncertain times, it is important to focus on things within our control. Our personal nutrition and hygiene are things that we can take charge of. These are ways you can stay home, eat well, and keep your body healthy.

Shop Smart

Go to the store less often to avoid contact with other people. You can stock up on items with a longer shelf life to keep your kitchen full. Purchase items like dried beans, brown rice, and whole grain pasta. You can also stock your freezer with meats, fish, and frozen fruits and vegetables. Consider using evaporated milk for longer lasting dairy product.

Use sanitizer wipes to cleanse your shopping cart or basket. Avoid self-checkout stations used by masses of customers. Go to a cashier where possible to limit exposure to surfaces.

Protein

Protein plays a big role in your immunity. A lack of protein can put you at risk.

Keep your freezer full of lean meats such as chicken, turkey, and fish. Thaw only what you will use every few days. Eggs are a good protein source, but can spoil if stored too long. Dried beans and peas are wonderful staple foods. They contain plant-based protein and can be stored indefinitely. Nuts such as almonds, peanuts, pecans, walnuts, and Brazil nuts can be added to recipes or eaten as snacks for a protein boost.

Fruits & Vegetables

Fresh fruits and vegetables are always a big part of a healthy diet. However, frozen produce is an inexpensive, nutritious, and convenient option. Fruits and veggies are flash frozen at the height of their nutritional quality. That means when you eat them you receive good sources of vitamins and minerals. Blend fruits into smoothies, steam veggies for dinner, or cook veggies into soups.

Whole Grains

Whole grains like whole-wheat and brown rice are far healthier than processed grains. For example, whole wheat bread offers more vitamins, minerals, and fiber than white bread. Brown rice can be cooked into soups, made into stir-fry, or served with beans. Use whole-wheat flour as a substitute in many recipes. With all these options, the added nutrients can keep your immune system strong.

Hygiene

Washing your hands frequently is one of the best defenses against germs and bacteria. Be sure to scrub for at least 20 seconds with **hot water** and soap for best results.

It is also important to clean all surfaces you come in contact with. Use anti-bacterial cleansers, such as bleach, to clean floors, tables, and counter tops.

Wash all dishes shortly after use. Do not give bacteria time to grow. Clean your sink once all dishes are done.

Balanced nutrition means eating a variety of nutritious foods. To support your immune system choose foods from each list below daily. It is also best to *avoid* excessive sugar, caffeine, and dietary fat.

Protein Sources:



**Chicken, Fish, Turkey, Eggs, Beans, Peas,
Nuts**

Vitamin C:



**Oranges, Grapefruit, Strawberries,
Blueberries, Tomato, Red Bell Pepper,
Pineapple, Banana**

Vitamin E:



**Almonds, Vegetable Oils, Peanut
Butter, Wheat Germ, Spinach, Broccoli**

Zinc:



**Lean Meats, Seafood, Whole Grains,
Beans, Nuts, Mushroom**

Vitamin A:



**Sweet Potato, Carrots, Broccoli,
Spinach, Red Bell Pepper, Mango,
Apricot**