

Healthy eating

Many people have found dieting more challenging during the COVID-19 pandemic due to the impact on daily routines including work, exercise and grocery shopping. For those people wishing to adopt some positive changes, Care first has compiled some simple tips for restoring health eating habits:

Adopt Simplicity:

While we were at home, we may have experimented with new and innovative recipes that we had never tried before. But once lockdown ends, it means getting back to the rigours of life like before. Your motto during this time should be, "Not every meal has to be an event". Keep it simple and make easy recipes for at least some meals to save time on preparation as you resume to your usual routines.

Follow the NHS Eat Well Guidance:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta (choose higher fibre wholegrain varieties where possible)
- Have some dairy or dairy alternatives (such as soya drinks)
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts
- Eat foods high in fat, salt and sugar less often and in small amounts
- Drink plenty of fluids (at least 6 to 8 glasses a day)

Get Creative with Leftovers:

It's not necessary to cook every meal from scratch. Leftovers can be creatively used to make a brand new healthy dish altogether. Another idea could be to cook a bit extra during one meal and save time by reusing leftover preparations in the next one.

Drink plenty of fluids:

To ensure that the metabolism process of the body is in place, you must drink enough water. Drinking water can make you feel fuller and reduce food cravings. The government recommends 6 to 8 cups or glasses a day. NHS guidance advises that water, lower fat milks and lower sugar or sugar-free drinks, including tea and coffee, all count.

Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day.

Contacting Care first:

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. Our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.