



## **Nutrition Tips & Resources:** **Eat Healthy During the COVID-19 Pandemic**



### **1. Focus on fruits and vegetables.**

Stress might have you reaching for junk food, but fruits and vegetables are really what your body is craving. Nutrients in fruits and vegetables can support your immune system and your overall health. Try a papaya, spinach, pineapple smoothie for a boost of Vitamin C. Also, remember to hydrate with water, toss in sliced fruit for added flavor.

### **2. Fresh, frozen or canned, all varieties have benefits.**

Frozen and canned fruits and vegetables are great options. You can reduce your trips to the grocery store and still make sure you're eating health-boosting nutrients. Look for frozen and canned options without added salt or sugar.

Add more fresh, frozen, or canned vegetables into your diet with these quick tips:

- Fresh: Have a variety of veggies in the fridge? Roast them.
  - <https://recipes.heart.org/en/recipes/roasted-vegetables-with-chipotle-ranch-sauce>
- Frozen: Add color and flavor to brighten up a rice dish!
  - <https://pinchofyum.com/best-10-minute-veggie-fried-rice/print/40309>
- Canned: Serve up some spicy, satisfying chili (packed with beans and veggies!)
  - <https://www.allrecipes.com/recipe/254689/three-bean-vegetarian-chili/>
- Incorporate all three: Add fresh mushrooms, frozen spinach, and canned white beans to your favorite pasta dish for more flavor.

### **3. Keiki in the kitchen.**

Turn your keiki into sous-chefs. Have them help wash produce, chop vegetables or mix ingredients. Make recipes your own by adding their favorite vegetable or fresh herbs for more flavor. Use what you have in the pantry and don't forget to have fun!

- Try a "Breakfast for Dinner" night. Chop up some leafy greens, peppers, broccoli, and tomatoes and let everyone create their own omelet.
- Craving Auntie's special recipe? Jump on a video call and cook it together!
- For more recipes download *Keiki Can Cook!*
  - [https://www.healthyhawaii.com/wp-content/uploads/Keiki-Can-Cook-Full-Bleed-10\\_19\\_18.pdf](https://www.healthyhawaii.com/wp-content/uploads/Keiki-Can-Cook-Full-Bleed-10_19_18.pdf)

### **4. Save time with batch cooking.**

Want to spend less time in the kitchen? Try doubling your favorite recipes and freezing half for later. This works great for chili, sauces, and soups. Roast a sheet pan of vegetables and toss on salads or brown rice throughout the week for a quick meal. Turn up the tunes while you cook and enjoy!

## 5. Make healthy choices, easier.

With more time at home, you may find yourself working a lot closer to the kitchen than usual. Make sure your environment is supporting healthy choices by moving junk food out of sight. Instead, have fresh fruit on the counter and put produce at eye-level in the refrigerator. Also, keep a glass of water near you and refill it throughout the day.

## 6. Resources:

- Keiki Can Cook
  - [https://www.healthyhawaii.com/wp-content/uploads/Keiki-Can-Cook-Full-Bleed-10\\_19\\_18.pdf](https://www.healthyhawaii.com/wp-content/uploads/Keiki-Can-Cook-Full-Bleed-10_19_18.pdf)
- Choose Healthy Now @ Home
  - <https://www.healthyhawaii.com/wp-content/uploads/2017/12/CHN-Recipe-Book-2017-FINAL.pdf>
- American Heart Association:
  - Cooking Skills: <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills>
  - Recipes: <https://recipes.heart.org/en>
- Food safety and COVID-19
  - <https://www.cdc.gov/foodsafety/newsletter/food-safety-and-Coronavirus.html>
- World Health Organization – Food & Nutrition Tips
  - <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine>
- Hawaii Food Bank - <http://www.hawaiifoodbank.org/>

Get the latest information at [www.hawaiicovid19.com](http://www.hawaiicovid19.com)