



# EAT WELL

## There are strong links between what we eat and how we feel.

A diet that is good for your physical health is also good for your mental health. Food can have a long-lasting effect on your mental health. Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body.

A healthy, balanced diet includes:

- Fruits and vegetables
- Whole grains (cereals, breads, and more)
- Healthy fats (avocados, nuts, seeds, and more)
- Dairy
- Oily fish (salmon, trout, mackerel, sardines, and more)
- Plenty of water

Everyone is different, but a general rule to follow is to eat at least three well-balanced meals each day. Consult your doctor or a registered dietician for dietary recommendations specific to your needs.

## Practice safe food hygiene.

There is currently no evidence that COVID-19 is transmitted through eating food. However, good food safety practices are important to minimise the risk of foodborne illnesses.

When handling or preparing food, make sure to:

- Wash your hands for 20 seconds with soap before and after preparing or eating food
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze and remember to wash your hands after
- Wash fruits and vegetables with water before eating them
- Disinfect surfaces and objects before and after use
- Keep raw and cooked foods separate to avoid harmful microbes from raw foods spreading to ready-to-eat foods
- Use different utensils/chopping boards for raw and cooked foods to prevent cross-contamination
- Make sure to cook and reheat foods to adequate temperatures

## Healthy Eating Tips from a Dietician

To enjoy and savour your food, focus on your meal and avoid distractions (TV, computer, phone, book) while eating. Chew thoroughly and experience the different aromas, flavours, and textures to help heighten meal satisfaction and prevent overeating.

An easy way to incorporate more whole grains in your day is to make the switch to whole grain bread for sandwiches and burgers.

Healthy eating is easy to do within a budget. Beans are affordable, versatile, and nutritious. Compare prices by reviewing the unit price (typically price per pound). The lower unit price gives you more product per dollar spent.

Getting your kids involved in cooking now helps them positively build a fond relationship with food as they grow.

Source: [www.dieticians.ca](http://www.dieticians.ca)

## Avoid "Autopilot" Snacking

Snacking straight out of the bag while watching TV or working can lead to over-eating. Instead, try planning and portioning out snacks ahead of time. This reduces the instinct to grab whatever is available and turns snacking into an eating encounter you can feel good about. When you're ready to snack, eliminate distractions, sit down, and enjoy. Remember to tune into your hunger-fullness scale.

Source: <https://health.ucdavis.edu>