



Healthy Eating at Work



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Over the last year there have been many changes to adapt to. With all the changes many people find themselves spending more time at home, eating alone, or in smaller lunchrooms at work.

#HealthyatHome

With so many of us working from home, it has become easier than ever to forget or ignore our normal eating practices and routines. However, ensuring we are well nourished each day remains important. Although no foods or dietary supplements can prevent or cure certain infections,

healthy diets are important for supporting the immune system.¹

Tips for Staying Nourished While at Home

Practice Mindful Eating:

Are you eating out of boredom? Are you eating because you are feeling anxious or stressed? Certain foods can momentarily help cope with being stressed but can also have a yo-yo effect on your energy and affect your mood.² Read our article "[Find Your Own Healthy](#)" for more information about mindful eating.

Eat a Variety of Foods:

Choose a mix of whole grains, like brown rice and oats. Keep plenty of fresh fruit and vegetables on hand. Eat a variety of food from different protein sources such as red meat, fish, poultry, eggs, milk as well as plant-based protein such as tofu, beans and legumes.¹

Stay Hydrated:

Make water your drink of choice. Drinking water is important for your health, a great way to quench your thirst, and stay hydrated without added sugar or energy.⁴

Plan your meals:

Having a schedule for meals can help save time and money. But don't forget to include your favourite comfort foods or tasty treats!

Use leftovers:

Save time on food preparation by using leftover ingredients to make different meals throughout the week. For recipe ideas visit the Dietitians of Canada [recipe e-book](#).

Snack smart:

Choose items such as hummus with veggies and whole grain crackers, trail mixes, yogurt & fruit and smoothies.

Foods to Keep in Your Pantry

Adding some of these items to your pantry will make it easier to pull together meals, snacks and keep things interesting. For inspiration visit Dietitians of Canada [recipe e-book](#).⁵

Fruits & vegetables that have a longer shelf life:

Apples, onions, carrots, oranges, cabbage and potatoes.³ Also consider frozen & canned fruits and vegetables.

Whole grain foods: Brown rice, oats, whole wheat bread products (bread, tortilla, pita and quinoa).

Dry herbs & spices: Quickly add some flavour and variety into your recipes.

Nuts, seeds & nut butters: Great to add to bread, crackers & fruit for added healthy fats.

Canned fish: Tuna, salmon and sardines

Leans proteins: Poultry, fish or shellfish that can be frozen, eggs, yogurt, milk, lower fat cheese, plant-based proteins.³

Always follow public health guidelines in your area relating to gatherings, masks, hand hygiene, and physical distancing requirements.

References:

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