

OPTIMISING YOUR DIET DURING COVID-19

Some tips from our physical health and well-being partner Healthfix



COVID-19 is well and truly here, and prioritising your health has never been more important. Whilst there are many challenges that COVID-19 is bringing, there are also an abundance of opportunities to create and develop health behaviours and habits.

Working with clients I have established that there are some key points people are needing to consider and focus on during this period. They include:

- Boosting immunity. Ensuring that you are consuming a diet that is supporting your immune system and helping to keep your mental and physical health in optimum working condition.
- Snacking and boredom. Food is more readily available- people are finding themselves going back and forth to the cupboard to grab snacks and treats to keep them occupied, rather than being genuinely hungry. Knowing appropriate food choices and how to manage this can help you reduce excessive intake.
- Energy intake. Movement has decreased for many people. Working from home means that the commute is less, you can sleep in and ultimately you are sitting more in a day. Understanding how to adjust your energy intake accordingly to ensure that you are fuelled appropriately for your day but not depriving yourself can be a challenging.
- Hydration. Keep hydrated. One of the key things that you would have noticed is that your water intake is reducing. Staying hydrated is essential for your overall health and wellbeing.

The good news: majority of clients are making great progress with their diet, which is bringing a sense of satisfaction and achievement to many households. This is a result of having more time to plan and prepare food, less eating out and socialising and ultimately having guidance and support to make the best choices possible in the circumstances that exist.

Come out of COVID-19 having developed and established life long, sustainable dietary habits that help you achieve you goals, leave you feeling energised all without depriving you of the food that you love. Use this as a time to increase cooking skills, nutrition knowledge and overall health. The internet has an array of conflicting dietary advice, use a dietitian who cares about you and invested in getting YOU the best result possible.