



# HEALTHY AT HOME

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### Ideas to Keep Mealtime Fun During Coronavirus Lockdown

1. Organize the freezer. Get your family to help! Put all like items together so you know what you have and can find things. Then make dinner from the freezer items one night of the week.
2. Plan a meatless meal one night of the week. Great ideas include chili, veggie burgers, bean burritos, veggie hummus tacos, or lentil stew.
3. Make a big breakfast for dinner. Since everyone loves waffles, pancakes, eggs, or steel-cut oats. Breakfast for dinner is usually budget friendly and most of the items are usually on hand. Challenge the kids to plan the menu and even make the pancakes.
4. For a yummy, healthy dessert, use plain Greek yogurt, diced fruit, and crumbled graham cracker crumbs to make a healthy "sundae".

### Importance of Eating a Healthy Diet and Being Physically Active

Be sure to fill your diet with adequate protein, fiber, vitamins and minerals, by filling half of your plate with vegetables and fruit. Vegetables and fruits are especially important. Choose an array of colors; like carrots, peppers, oranges, leafy greens, berries or apples. These provide vitamins A and C, which play important roles in healthy immune functioning.

The remaining two quarters of your plate are for protein-rich foods (chicken, fish, beans, lentils, eggs) and whole grains like oats or brown rice. It is also vital to get enough vitamin D, because vitamin D deficiency is linked to an increased susceptibility to infection. Good sources of vitamin D include fortified milk/dairy, fortified orange juice and fatty fish.

In addition to the balanced diet, you should: aim to be physically active for at least 150 minutes per week; take steps to quit smoking; use strategies to reduce stress (exercise is great for that); and try to get adequate sleep — about seven or eight hours per night.

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