

Good nutrition despite coronavirus

Planning is everything!

With bans still in place for gatherings of people, we shouldn't spend much time dilly dallying in the supermarket. Shop more efficiently by writing a weekly nutrition plan and shopping list, ideally in the order in which the groceries are arranged in the store. Conscious planning is proven to be the first step to a healthy diet.

Eat real food!

Even if canned goods are sold out, there is no need to panic. Fresh food can be kept for at least a week if properly stored and when working from home, there's no excuse not to. Your dining options and schedules are yours and yours alone to determine. Use the opportunity and dare to pick up the wooden spoon. Cook your own fresh meals. It's really quite easy and you will like it because the food always tastes better when you prepare it yourself!

Avoid deliberate snacking!

If you find yourself in the mood for something sweet, first look at your watch. Maybe you can wait a bit until lunch time? Snacks are mostly eaten in between meals and absent mindedly. Take control: plan to treat yourself to that chocolate bar as a dessert after lunch. Then close your eyes and really savour it. It's important be conscious of snacking, especially when the refrigerator and the "treat drawer" are only a few steps away from your workspace.

When and what to eat?

You should try to eat as regularly as possible. This keeps your blood sugar levels under control, which will help keep you focused. Meals with fiber and vitamins are particularly beneficial. Make good meals by combining long-chain carbohydrates (e.g. whole grains, potatoes) with protein (e.g. quark, legumes) and essential fatty acids (e.g. olive oil, salmon).

The nutritional pyramid provides a helpful overview of basic principles of good nutrition:

