

Tips to eat healthy during a pandemic

Health is wealth but amid the constant demands of school and work, we often take for granted the food that we indulge in.

The added stress of the pandemic is not helping either. The sedentary lifestyle of studying (and working) from home, and the tendency to stress eat your way out of your worries.

However, the comfort these junk food provide comes at the cost of your health.

During her talk for DLSU-D employees for the HRMO's Health and Wellness Webinar series, Maria Edwena "Luchie" Caguioa, RND shared how to ensure that our bodies are getting proper nutrition even during the pandemic.

Here are some tips she shared to get healthy with the proper diet.



Opt for fresh and unprocessed foods

We are often guilty of binging on processed food because it is more convenient. However, Ms. Luchie advises that some of this food can be replaced by healthier alternatives. Incorporate fruits and vegetables into your diet. For snacks, replace junk food with fresh fruits. She also reminded that vegetables should not be overcooked so they can preserve the nutrients and vitamins in them.



Hydrate

With the scorching heat of the summer, a minimum of eight to 10 glasses of water a day is a must. Water transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions the joints.



Eat moderate amounts of fat and oil

Fat and oil increase the risk of heart diseases and high cholesterol. As an alternative, switch it up with unsaturated fats found in fish, avocado, nuts, olive oil, soy, canola, sunflower, and corn oils. Choose white meat and opt for the low-fat version of products.



Use less salt and sugar

Moderate your intake of salt and sugar since excessive amounts can increase your risk for diseases such as high blood pressure, diabetes, and even heart disease. As a rule of thumb, limit your daily salt intake to less than 5 g (approximately 1 tsp.) and use iodized salt. Also, avoid snack foods that have a high salt content. The same goes for sugar. Moderate your intake of food and beverage that have high sugar content. Opt for natural fruit juices instead.

