

Weight management

during the Stay at Home Order



Some people are concerned about overeating or excess weight gain during the stay at home order. Here are some tips to help you find a healthy balance with food while sheltering in place.

Remove the tempting foods from eyesight

- Having tempting foods sitting out such as sugary baked goods, chips, and candy can lead to frequent snacking.
- A constant view of snacks and other foods will make you want to eat more.
- It's best to keep foods that tempt you out of sight. Treats are okay on occasion, but eating too much of them can affect your health.

Drink enough fluids

- Drinking water is important for your overall health and may help prevent you from eating too much.
- It is best to drink at least 6 to 8 (8-ounce) cups of water per day.
- Add a few slices of fresh fruit to your water to add flavor, which may help you drink more water throughout the day without adding a lot of calories to your diet.

6 STEPS TO PREVENT ILLNESS

 Wash hands for at least 20 seconds	 Avoid close contact
 Stay home if you're sick	 Cover coughs and sneezes
 Wear a face mask if you are sick	 Clean and disinfect

Find more information at [CDC.gov](https://www.cdc.gov)



Stay active

- Go out for a walk or jog around your neighborhood.
- Try a home workout on a phone app or YouTube for some cardio or yoga.
- Research shows that physical activity can boost energy, mood, and reduce stress which in turn may reduce your chances of stress eating.
- For countless health benefits in adults, it is recommended to get **150 minutes** (2 hours and 30 minutes) to **300 minutes** (5 hours) a week of moderate-intensity physical activity with aerobic activity spread throughout the week.



Plan your day and stick to a meal schedule

- Make a list of your daily non-food related activities and place your meal times between those activities.
- Try to keep the same eating pattern (example: 3 meals per day or 4-6 small meals per day) based on your needs and preferred eating times.



Practice mindful eating and portion control

- While sitting down and focusing on eating during meal times, avoid watching TV or talking on the phone as these activities may lead to eating too much.
- Serve yourself a single portion of food and pour foods into smaller bowls/plates instead of eating them directly out of bag/box it was bought in.

• For example:

- Eat popcorn in a 1 cup cereal bowl versus a 4 cup mixing bowl
- Eat on an 8.5-10 inch inch plate versus a 12 inch plate



Choose nutritious, filling, and immune-boosting foods

- Stock your fridge and pantry with foods high in protein, fiber, and healthy fats instead of foods rich in empty calories such as candy, cookies, and soda.
 - Examples of healthy foods are: avocados, nuts/seeds, dry beans, eggs, fish, poultry, whole grains, and legumes.
 - These types of foods can keep you feeling fuller longer and help prevent over-snacking.
- Eating foods that help your immune system will protect your body and give it energy. Here are some examples:
 - **Beta Carotene:** sweet potatoes, carrots, mangos, spinach, broccoli and tomatoes
 - **Vitamin C:** citrus fruits, berries, melons, bell peppers, tomatoes
 - **Vitamin D:** mushrooms, eggs, milk, and fatty fish
 - **Probiotics (good bacteria):** yogurt and fermented foods like sauerkraut
 - **Zinc:** seafood, beef, beans, nuts, tofu
 - **Proteins:** milk, yogurt, eggs, chicken, seafood, nuts/seeds, beans and lentils

For more information, please contact us at MemberHealthEd@RegalMed.com.

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<https://www.eatright.org/health/wellness/preventing-illness/how-to-keep-your-immune-system-healthy>

<https://www.healthline.com/nutrition/ways-to-prevent-stress-eating-when-youre-stuck-at-home>

<https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html>

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