



## Taking Care During Difficult Times



# Eating Healthy During the Pandemic

*Here are some Frequently Asked Questions.*

### **How do I Prepare?**

At this time, it makes sense to stock up on non-perishable food items so that you do not need to go shopping if you become sick, but avoid panic buying. Your plan should include shopping for food that you can have on hand at all times. This will ensure you do not need to leave your home while you are sick or busy caring for an ill family member.

Good foods options to have at home:

- Fresh vegetables with a longer shelf life like, carrots, parsnips, turnip, potatoes, sweet potato, cabbage, squash, onions
- Fresh fruit with a longer shelf life: apples, melon, oranges, grapefruit
- Frozen vegetables and fruit, canned vegetables and fruit, dried fruit, applesauce, tomato sauce, 100% vegetable juice
- Grains like rice, couscous, quinoa, bread, tortillas, pasta, dry and hot cereals, crackers
- Frozen and canned meat and fish, soup, stews
- Yogurt, eggs, hard cheese, non-refrigerated milk and plant-based beverages, milk powder, canned milk
- Canned and dried beans, chickpeas, lentils, nuts, seeds, nut butters
- Flour, oil, butter or margarine, coffee, tea, jam, honey, sugar, granola bars, bouillon cubes, spices, condiments

Check local grocery stores that may offer online ordering and pick up services or do your grocery shopping at off-peak hours. When ordering take out from restaurants try to make healthy choices.

Visit the website <https://www.gov.nl.ca/covid-19> for more information on being prepared.

## **Can I boost my immune system through my diet?**

Simply put, you cannot “boost” your immune system through diet and no specific food, supplement or natural health product will prevent you from catching COVID-19. Proper hygiene can help reduce the risk of infection or spreading infection to others.

Selling unauthorized health products or making false or misleading claims to prevent, treat or cure COVID-19 is illegal in Canada.

There are many nutrients that are involved with the normal functioning of the immune system and therefore we encourage eating a variety of healthy foods each day in order to support immune function.

You can find more information on nutrition and healthy eating at [unlockfood.ca](http://unlockfood.ca) or Health Canada’s, [Canada's Food Guide](http://Canada's Food Guide).

## **How do I find a dietitian?**

At this time we recommend staff to use Dial-a-Dietitian. Use the online email option <https://www.811healthline.ca/healthy-eating> for questions due to the 811 telephone service being busy handling calls regarding COVID-19 related queries.

It is important to receive information on healthy eating from credible, trustworthy sources during this time. Dietitians are regulated health professionals committed to providing evidence-based advice and information that is tailored to your personal needs and challenges. We encourage staff to follow the advice issued by the [Government of Canada](http://Government of Canada), the provincial government [www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19)

## **Any other suggestions on eating healthy during this time?**

- Wash hands before preparing and eating food.
- Use this time to experiment with [new recipes](#)
- If you live with one or more persons, aim to eat at least one meal together daily.
- Get kids in the kitchen. They can help with cooking meals.

Source: adapted from Dietitians of Canada, Health Canada, March 27, 2020

For more information on Coronavirus (COVID-19), visit <https://www.gov.nl.ca/covid-19/>