



## Healthy Eating Idea During the Pandemic

Staying at home could cause unhealthy eating habits because we are closer to our snacks and facing more stress, both situations could trigger overeating and poor food choices. Stress eating is usually brought on board by, stress or feeling emotional. Don't create the habit of going from the home office to the fridge.

### Mistaking Thirst for Hunger

- If it's not mealtime and you are hungry, Try drinking water.
- Stay away from sugary drinks, often these drinks trick the mind and stimulate hunger and spike blood sugar.
- Tried of water try: Warm unsweetened drinks like black coffee, flavored teas will satisfy your hunger.

### Eating Right

If all else fails and your not thirsty try these foods

- Sweet craving: choose fruit
- Craving salt: one ounces of nuts or hummus
- Crunchy: choose carrots, celery, or other raw vegetables
- Carb craving: try whole wheat crackers (Triscuits)