

# Nutrition & Wellness



## Guide for Coronavirus



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As the coronavirus continues to spread and more people are being advised to self-isolate or stay home for extended periods of time, it's important not to panic. However, it has been advised that we all make some preparations for having the essentials on hand, like food and medicine.

The U.S. Department of Homeland Security recommends everyone have two weeks' worth of supplies on hand. Here are some tips for how to stock and prepare your kitchen in the event that you'll have to be there for an extended period of time:

- **Take Inventory:** First, take note of what you already have in your kitchen. You may not need to go buy two weeks' worth of groceries right now because you likely already have some foods in your pantry and freezer.
- **Use Fresh Foods First:** If you've got fresh, perishable foods on hand, use them first so that they don't go to waste.
- **Prioritize Nutritious Foods:** As you make your grocery list, prioritize food items that pack a nutritional punch. Choose foods with protein and fiber to help fill you up. Consider vitamin, mineral, and antioxidant-rich foods that help support your immune system.
- **Choose Items with A Long Shelf-Life:** Most canned and packaged pantry items will have a long shelf life. Freezer items are also great to stock up on during this time.

# Healthy Grocery List

*In need of ideas? Here's a list of nutrient-dense, long-lasting food items to consider adding to your grocery list.*

## Frozen Foods

- **Frozen fruit & veggies:** Frozen fruits and veggies get an under-served, bad reputation. They're typically as, and in some cases more, nutritious than their fresh counterparts. Bags of frozen mixed fruit are great for adding to smoothies. Consider a frozen riced cauliflower to make an easy cauliflower fried rice. You can also get frozen chopped spinach or kale to add to your morning smoothie.
- **Frozen proteins:** Frozen turkey or chicken burgers can be a great lean-protein source that's easy to heat up in a skillet, no grill necessary. And don't forget about frozen seafood. Frozen shrimp are perfect for throwing into a cauliflower fried rice or easy weeknight stir-fry recipe.
- **Frozen meals:** Like frozen produce, ready-made, microwaveable meals often get a bad rap. They used to be notoriously high in sodium and often fat, but you can now find healthy options, like Healthy Choice Power Bowls and Amy's Light & Lean meals.
- **Bread:** Bread typically isn't found in the freezer; however, you can make your bread loaf last longer by storing it there. If you're looking for a healthy bread option, Food for Life sprouted bread is always found in the freezer section and it's one of the most nutrient-dense, added-sugar-free breads out there.
- **Frozen treats:** If you're going to be stuck at home for an extended period of time, it's important not to deny yourself of some treats and sweets! If you're looking for a lighter treat that still delivers on taste and satisfaction, grab a box of Yasso frozen Greek yogurt bars.



## Canned Goods

- **Plant-based proteins:** Now would be a great time to add more plant-based proteins to your diet, since many of them are shelf-stable. Canned black beans, chickpeas, and lentils make for an excellent fiber-rich protein source.
- **Canned seafood:** The US Dietary Guidelines recommend that everyone get at least two meals of a variety of seafood each week. Adding canned or pouched fish like tuna or salmon to your grocery list is a great way to meet this recommendation. Be sure to choose varieties that are canned in water instead of oil.
- **Soups:** Canned soup is an extremely convenient meal that can be nutrient dense and even hydrating. Choose water- or broth-based soups instead of cream-based ones to lower fat and calorie content. Also, look for reduced-sodium varieties.



# Healthy Grocery List

## Other Pantry Items

- **Legume-based pastas:** These pastas often have (at least) double the protein and fiber of regular pastas because they're made from legumes, like chickpeas, black beans, lentils, and/or edamame. You can usually find at least one of these brands (i.e. Barilla, Banza) at your local grocery store.
- **Oats:** Oats are a super versatile, fiber- and protein-rich food that can be cooked stovetop (or microwave), or be incorporated into a variety of recipes, like muffins, smoothies, overnight oats, and more.
- **Quinoa:** Quinoa is another protein- and fiber-rich grain that serves as an excellent base for a variety of meals. You can combine cooked quinoa with a variety of canned goods, like black beans, corn, and fire-roasted tomatoes, for an easy lunch or dinner.
- **Jarred foods:** Marinara sauce and salsa are great, long-lasting condiments that can be used to spice up any boring meal. Try topping a cooked frozen turkey burger with some salsa or tossing legume-based pasta with marinara sauce for an easy 2-ingredient meal. Be sure to look for unsweetened marinara sauce, like Rao's or Victoria's.
- **Nuts & nut butters:** Nuts are rich in protein, fiber, and heart-healthy fats. You can eat nuts on their own as a snack or incorporate them into a DIY snack mix (with air-popped popcorn and freeze-dried fruit). As for nut butter, add it to a smoothie, spread it onto a piece of toast, or use it as a dipper for apple slices. Just be sure to choose unsweetened varieties.
- **Snack items:** The possibilities for shelf-stable snack items are endless. Air-popped popcorn, jerky, almond flour crackers, nuts, and bars (like RXBARS) are just some of the snack items that will last in your pantry for at least month.

## Longer-Lasting Perishables

*The items listed above are guaranteed to last the longest; however, there are some perishable items that typically last beyond a couple of weeks.*

- **Eggs:** Eggs generally last 3 to 5 weeks in the refrigerator. Store them on a shelf in the main body of the refrigerator instead of on the refrigerator door to maintain optimal freshness.
- **String cheese and shredded cheese:** String cheese is a convenient and protein-rich snack that often lasts at least a month. Same goes for most shredded cheeses, which last even longer when stored in the freezer.
- **Fruits:** Some fresh fruits last longer than others. Apples and citrus fruits, like lemons, limes, and oranges, usually last well beyond two weeks.
- **Vegetables:** Potatoes of any kind (white, sweet, etc.), onions, and garlic last well beyond a month when stored correctly. Onions and garlic last longest when stored outside of the fridge, and potatoes last longest when stored at room temperature in a cool, dry, and well-ventilated area.



# At-Home Workout

Not only can social distancing affect what we eat, but also how we exercise. It's especially important to keep up with an exercise routine during this time to support a healthy immune system and provide mental health benefits.

First, there's nothing stopping you from getting outside. Go for a walk or a jog, just be sure to keep your distance from others.

You can also try exercising from the comfort of your home. Small apartment? No problem. Here are examples of exercises you can do in a small space:

- Wall sits
- Mountain climbers
- High-knee sprints or butt kickers
- Crunches (regular, bicycle, any variety)
- Squats
- Planks (any variety)

Try this killer **1000-Rep Challenge**:

- 50 high knees
- 50 squats
- 50 jumping jacks
- 50 reverse lunges
- 50 high knees
- 50 mountain climbers
- 50 jumping jacks
- 50 bicycle crunches
- 50 high knees
- 50 up-down planks

**Repeat**

