

Nutrition in the time of COVID-19...

What's changed?

COVID-19 has changed many food and nutrition habits.

- More individuals are...
 - Ordering food for takeout or delivery
 - Cooking at home more often
 - Thinking about food more often



How can I make healthy choices?

Check out the frozen food aisle

- Frozen fruits and vegetables are often packaged at peak ripeness, and may have even more vitamins and minerals compared to fresh foods.
- Frozen foods are easy to prepare and can often be cooked in a microwave.
- Frozen fruits and vegetables minimize time spent preparing food since they are available washed, cut, and ready to use.
- Frozen foods are usually cheaper than their fresh counterparts and last longer.

Stock up on the staples

- Grains like rice, quinoa, pasta, and oats are available in bulk and can be used to make a variety of nutritious meals.
- Canned lentils, beans, and tuna fish are good sources of protein to have on hand and will keep in your pantry for extended periods.



Try some of these healthy snack ideas:

- Hummus with cut up vegetables - bell peppers, carrots, cucumbers, raw broccoli, or cauliflower
- Cheese and whole wheat crackers
- Yogurt with granola and berries
- Mixed nuts or seeds
- Guacamole with sliced bell peppers
- Apple with nut butter and granola
- Whole grain toast with nut butter, hummus, or guacamole



Make Healthy Takeout Choices

- Choose water or seltzer, and limit the amount of juice and soda.
- Practice intuitive eating - if you get full, save your leftovers for another meal.
- Eat the fruits and vegetables in your meal first.
- Pick restaurants that offer meals that will make you feel good.
- Customize your meal and make it more healthful by adding a side order of fruits, veggies, lean protein, or grains.

Food & Mood

- Nutrition plays a major role in both physical and mental health.
- Consuming healthier food options, including fruits and vegetables, has been shown to increase mood, especially in stressed individuals.
- During prolonged periods of stress, our bodies release cortisol, which increases our hunger sensation.
- Eat intuitively and listen to your hunger cues; look back at our healthy snack ideas for inspiration.

Remember:
**The food choices you make
can impact how you feel. Even
small changes can make a
difference!**





NOURISH UNH: WHAT'S COOKING?



CAULIFLOWER PIZZA CRUST

Ingredients:

- 1 head cauliflower, stalk removed
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 2 eggs, lightly beaten

Directions:

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. Let cool.
2. In a bowl, combine the cauliflower, mozzarella, Parmesan, oregano, salt, garlic powder and eggs.
3. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
4. Add desired toppings and bake an additional 10 minutes.

Recipe and image from: www.foodnetwork.com



BANANA BREAD

Ingredients:

- 2 1/3 cup olive or vegetable oil
- 1/2 cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe banana (~2 bananas)
- 1/4 cup milk of choice
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp of cinammon
- 1 3/4 cups whole wheat flour

Directions:

1. Preheat oven to 325 degrees and grease a 9x5 loaf pan.
2. Beat the oil and honey together with a whisk in a large bowl. Add eggs and beat well. Whisk in mashed bananas and milk.
3. Add baking soda, vanilla, salt, and cinnamon and whisk to blend. Stir in flour with big spoon.
4. Pour batter into pan and sprinkle with cinnamon.
5. Bake 55-60 minutes or until toothpick comes out clean.

Recipe and image from: www.cookieandkate.com



Nutrition Facts

Cauliflower is high in fiber which is great for digestion
Bananas are high in potassium, which aids in heart health



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