

# Eating well at home



Our day-to-day routines and schedules play a huge role in determining what and when to eat. Right now there is major disruption to almost everyone's daily routine. Take a moment to look at what you are eating, and see if your diet habits are suiting your current lifestyle and circumstances. This may include less exercise, less incidental activity, more time at home, and easier access to food at home.

Below are some points to consider to ensure healthy eating habits while at home more than usual.

## 1. Focus

Think about what your outcome or focus is. It might be to stay healthy, have a strong immune system, maintain muscle mass or stay well mentally. This motivation will help to drive and guide your food choices when food is in abundance.

## 2. Plan

Having a plan for meals and snacks, and knowing what you might eat over the day will keep you in control of what you eat so bad habits don't creep in.

## 3. Structure

Setting the times of when you will eat allows you to determine if you are eating because it is time to nourish your body or if you are simply bored or emotional.

## 4. Don't use food to escape

Thinking about what to eat, eating it and then pondering if you should have eaten it can be an easy distraction. If you need to have an escape from what you are doing, take a break. Try some non-food-related breaks, for example walk up and down some stairs, do some sit ups, read a book or call a friend.

## 5. Awareness

Having some awareness of what you are eating is important so you don't lose track of what you have consumed. Prepare and put meals on a plate rather than eating right out of the box/packet, sit down to eat, step away from your computer, and turn the television off.

## 6. Be creative

With more time due to less commuting you can introduce flexibility and variety in what you eat. Take the extra time you have in the kitchen to cook or prepare a meal, roast some vegetables, try new recipes or cuisines.

## 7. Timing meals

There's a difference between grazing and structured snacking. Picking at a mouthful of something every hour or so means your digestive system doesn't really get a rest. Instead, have a balanced snack which will satisfy the body more and have longer breaks between meals. Aim to be eating every 3-4 hours if activity is low and every 2-3 hours if activity is high.

## 8. Be independent

If others in your house are eating something outside of main meals that may not suit your focus then it's okay to decline. Try not to eat food just because it's there.

## TIPS FOR SNACKING AT HOME

- Consider carb quantity and quality. If you're less active, choose smaller serves of carbs and choose wholegrain sources
- Focus on protein quality to help keep you fuller longer. Aim for 10g of protein per snack
- High fibre foods with more volume help suppress your appetite. Try fruits, veggie sticks, salads.
- Aim for variety to include more nutrients
- Cut up enough fruit and vegetables for a few days so you have healthy snacks on hand

## TRY THESE WEBSITES FOR RECIPE IDEAS & NUTRITION STRATEGIES

[SuperCook](#)

[All Recipes](#)

[Taste](#)

[No Money No Time](#)

[Make Healthy Normal – recipes](#)

[Make Healthy Normal - strategies](#)

## FOR PERSONALISED ADVICE AND SUPPORT



### **Get Healthy Information & Coaching Service**

For free NSW Health telephone-based coaching on healthy eating and other lifestyle goals go to: [gethealthynsw.com.au](http://gethealthynsw.com.au)

Speak to your **General Practitioner** to make a plan for support, including referral to an Accredited Practising Dietitian (APD).