Strategies for eating healthy and being active at home during the COVID-19 pandemic

PERFORM Colloquium, April 23 2020
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PLAN

EATING HEALTHY
1. Healthy dietary pattern
2. Mindful eating
3. Make your environment **Nudgy**

BEING ACTIVE
1. Benefits of exercise
2. 24-hr Movement guidelines
3. Christina’s Tips for Exercise snacking

PROPS NEEDED – 3 raisins

YOUR QUESTIONS
STRESS

Short term

Brain signals adrenal glands to produce adrenaline

Appetite
STRESS

Long-term

↑ Adrenal glands produce cortisol

↑ Appetite
  Food choices
  Abdominal fat

↑ Risk of Type 2 Diabetes, Heart disease, Obesity

Other factors:
Sleep, Exercise, Alcohol etc.
Dietary pattern to support health

Vitamins
(e.g. vit. A, Folate etc.)

Minerals
(e.g. Calcium, Potassium etc.)

Carbohydrates, Proteins, Fats, Dietary Fibre

What to eat to maintain an immune system-friendly diet. – Leslie Beck, RD, The Globe and Mail

No, you probably can’t ‘boost’ your immune system to prevent coronavirus. Here’s why. – Cara Rosenbloom, RD, The Washington Post
WHEN WE SAY Healthy MEALS & SNACKS...

What does Healthy look like?

Wow.
ACTUALLY…

Healthy = Balanced!

Use whole foods first!

Only 11% of Canadians fill half their plate with fruits and vegetables at every meal

(Nielsen, 2019)
Choose LESS
saturated/trans fats,
sodium, added sugars

Choose MORE fibre, protein

Ingredient List

INGREDIENTS: Whole wheat, wheat bran, sugar/glucose-fructose, salt, malt (corn flour, malted barley), vitamins

OK, HOW DO I MANAGE EATING AND STRESS?

LET’S CHECK THE RESEARCH....
MINDFUL EATING

Attention + Attitude = Mindful*

*Hedy Kober – How mindfulness can help us? TED Talk
AWARENESS AND ATTENTION

• I notice when there are subtle flavors in the foods I eat.
• When eating a pleasant meal, I notice if it makes me feel relaxed.
• I appreciate the way my food looks on my plate.
• Before I eat I take a moment to appreciate the colors and smells of my food.
• I taste every bite of food that I eat.

Thought for Food: Imagined Consumption Reduces Actual Consumption
Carey K. Morewedge, Young Eun Huh, Joachim Vosgerau
10 December 2010, Vol 330, Science
More attention to an experience
# Research Studies: Eating and Stress

<table>
<thead>
<tr>
<th>Who</th>
<th>Type of Study</th>
<th>Results</th>
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</thead>
<tbody>
<tr>
<td>47 Women</td>
<td>Healthy lifestyle + Mindfulness</td>
<td>↓ Chronic stress &lt;br&gt;↓ External eating &lt;br&gt;↓ Cortisol awakening response (CAR) &lt;br&gt;↓ abdominal fat in those with ↓ CAR &lt;br&gt;↔ weight vs. ↑ weight (control)</td>
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<tr>
<td>Healthy lifestyle + Mindfulness Vs. Control Healthy lifestyle</td>
<td>10 weekly group sessions (2.5 hrs / week + 1 full day) &lt;br&gt;- Individual activities (30 min/d) &lt;br&gt;- Mindful eating</td>
<td></td>
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<tr>
<td>4 months</td>
<td>Control Healthy lifestyle</td>
<td>↑ Telomerase activity &lt;br&gt;↓ Cortisol &lt;br&gt;↓ in % calories from fat &lt;br&gt;↓ dietary restraint (dieting behaviours)</td>
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*Psychoneuroendocrinology. 2012 July;37(7):917-928*
RESEARCH STUDIES: EATING AND STRESS

telomerase activity. High dietary restraint may impact telomerase activity through metabolic pathways. Unsuccessful dieting attempts may result in increased dietary fat intake, which leads to greater oxidative stress (Sies et al., 2005). Alternatively, dietary fat intake promotes higher lipid accumulation, which triggers certain PBMCs to secrete more inflammatory molecules (Libby, 2006). Either of these changes could contribute to impairments of the telomere maintenance system (Paul, 2011). The present results point to the need to encourage flexible and balanced weight loss strategies to avoid a sense of deprivation that may lead to chronic consumption of highfat foods and eventual accelerated cellular aging.
MINDFUL EATING

Eat 3 raisins...one at a time

What do you see?
How does it smell?
How does it feel in your mouth?
How does it taste?
Where did it come from?
How does it nourish your body?

How does this experience differ from eating a handful of raisins?
How would you describe this experience?

MBSR approach - Jean L. Kristeller & Ruth Q. Wolever (2010):
RESEARCH NUDGE THEORY

There’s no such thing as neutral design. Richard H. Thaler & Cass R. Sunstein

People don’t make good decisions when they are:
- Inexperienced
- Poorly informed
- Tired/Hungry
MAKING YOUR ENVIRONMENT NUDGY

Set an Eating Routine
Simple as possible = default choices
2-1 meals / recipes
Make a grocery list, Stock your kitchen

Photo source: foodphoto.ca, vectorstock.com
### MAKING YOUR ENVIRONMENT NUDGY

- 3 Breakfast meals
- 3 lunch meals
- 4-6 supper meals

<table>
<thead>
<tr>
<th>Meal</th>
<th>S</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Leftover Breakfast #1</td>
<td>Breakfast #2</td>
<td>Breakfast #3</td>
<td>Breakfast #3</td>
<td>Breakfast #1</td>
<td>Breakfast #1</td>
<td>Breakfast #1</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Lunch #1</td>
<td>Lunch #2</td>
<td>Lunch #3</td>
<td>Lunch #3</td>
<td>Leftover Supper #5</td>
<td>Leftover Supper #5</td>
<td></td>
</tr>
<tr>
<td><strong>Supper</strong></td>
<td>Supper #1</td>
<td>Supper #2</td>
<td>Supper #3</td>
<td>Supper #4</td>
<td>Supper #5</td>
<td>Supper #6</td>
<td>Supper #6</td>
</tr>
</tbody>
</table>

Refrigerate or freeze all leftovers in < 2 hours to minimize the chance of bacteria growing.

**General Food Safety tips & Safe food storage**
Health Canada, *Food Safety in the Home*, CPHA

Photo source: foodphoto.ca
What about food safety?

- Minimize time TEMPERATURE DANGER ZONE (tdz) during Prep and Cooling (< 2 hrs)
- TDZ: 4°C - 60 °C
- Temperature range within which most bacteria grow and reproduce rapidly
- Refrigerate or freeze all leftovers within 2 hours to minimize the chance of bacteria growing.

General Food Safety tips & Safe food storage
Health Canada, Food Safety in the Home, CPHA
MAKING YOUR ENVIRONMENT NUDDGY

- Have components ready in your pantry and fridge

**FRUITS & VEG**
- Onions, garlic, ginger root, carrot, celery, apples, clementines or oranges / Frozen vegetable and fruit mixes, frozen peas, corn, beans, spinach, berries, mangoes / Fresh options – rotate between leafy greens, broccoli, cucumber

**PROTEIN**
- Milk/ yogourt / Fish and seafood (fresh, can, fzn) / Legumes (dried or canned lentils, chickpeas, peas, black beans) / Nuts, Poultry and Red meat

**GRAINS & STARCHES**
- Bread / Cereal / Potatoes / Rice / Pasta / Grains: barley, millet, whole grain flours, oats
MAKING YOUR ENVIRONMENT NUDGY

Meal and snack ideas

Rock what you’ve got

Guelph Family Health Study
Focus group tested
Try 2-in-1 recipes!

From pantry to table
SUMMARY

1. Healthy dietary pattern
   a. Meals & Snacks vs. Nutrients

2. Mindful eating
   a. Attention
   b. Attitude

3. Make your environment *Nudging*
   a. Set a routine
   b. Plan some meals (2-1 meals)
   c. Regular food items on hand
LET’S GET MOVING!
RESOURCES

What to eat to maintain an immune system-friendly diet – Leslie Beck, RD, The Globe and Mail

No, you probably can’t ‘boost’ your immune system to prevent coronavirus. Here’s why. – Cara Rosenbloom, RD, The Washington Post

Recipes: Guelph Family Health Study – Rock what you’ve got, "Making a casserole from what’s on hand“, Cookspiration & Défi Santé

General Food Safety tips & Safe food storage – Health Canada, Food Safety in the Home, CPHA

Jean Kristeller – The joy of eating half a cookie

Michelle May – Am I Hungry?

Thich Nhat Hanh and Dr. Lilian Cheung – Savor

Jan Chozen-Bays – Centre for Mindful eating

Susan Albers – Eating mindfully

Canadian Society for Exercise Physiology - Canadian 24-HR Movement Guidelines