



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

PERFORM Colloquium, April 23 2020

Christina Weiss, M.Sc., CSEP-CEP, FKQ-Kinesiologist

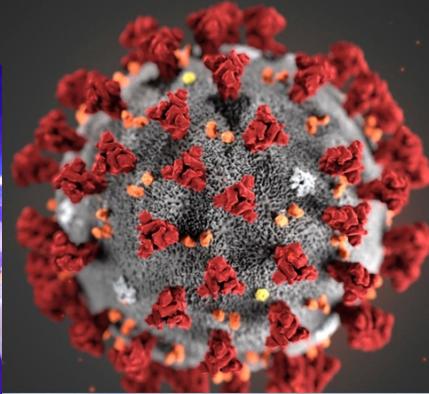
Théa Demmers, M.Sc., P.Dt., Registered Dietitian



That Discomfort You're Feeling Is Grief

by Scott Berinato

March 23, 2020



PLAN

EATING HEALTHY

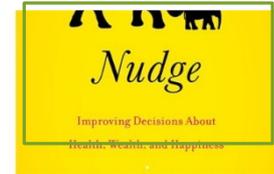
1. Healthy dietary pattern
2. Mindful eating
3. Make your environment *Nudgy*

BEING ACTIVE

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

PROPS NEEDED – 3 raisins

YOUR QUESTIONS



S	M	T	W	Th	F
Letover					
Breakfast #1	Breakfast #2		Breakfast #3		
Lunch #1	Lunch #2		Lunch #3		
Supper #1	Supper #2	Supper #3	Supper #4	Supper #5	



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

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



Vitamins

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

Minerals

(e.g. Calcium, Potassium etc.)

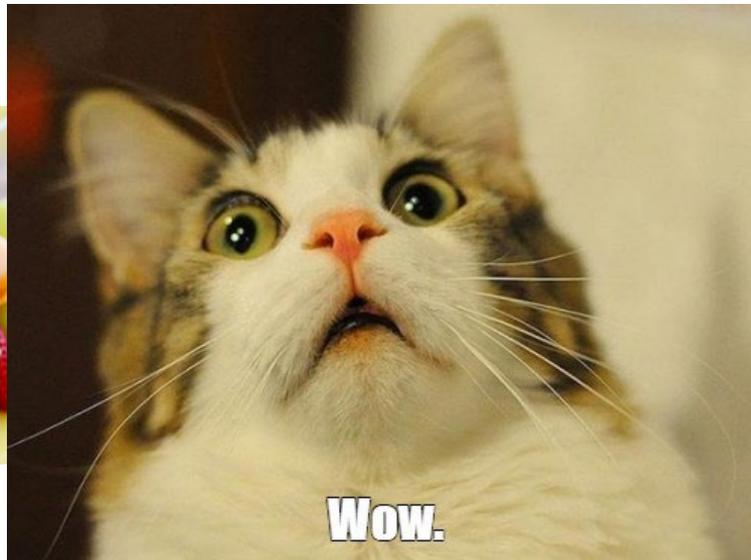
Carbohydrates, Proteins, Fats,
Dietary Fibre

[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...

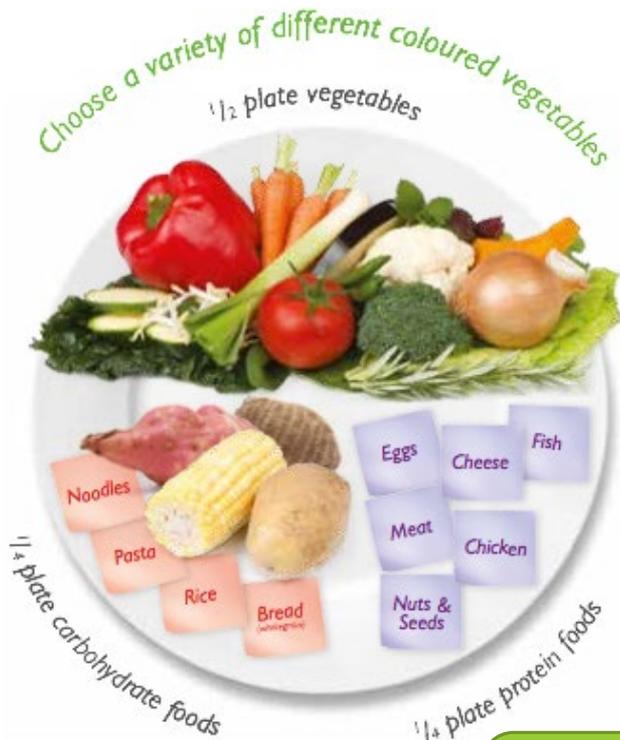
What does *Healthy* look like?



ACTUALLY...

Healthy = Balanced!

Use whole foods first!



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

(Nielsen, 2019)

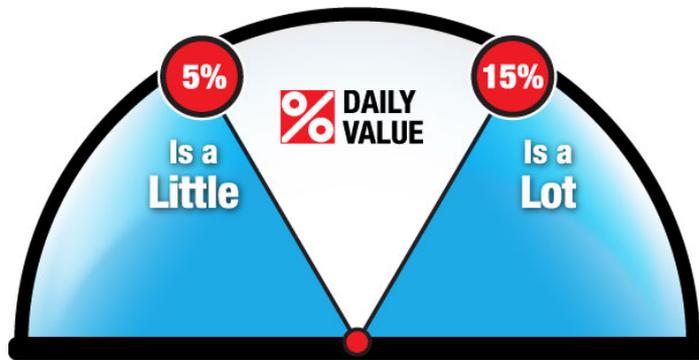
Source photo: <http://www.vegetables.co.nz/news/wp-content/uploads/Make-half-your-plate.png>



LABEL READING FOR HEALTHY CHOICES

Choose LESS
saturated/trans fats,
sodium, added sugars

Choose MORE fibre, protein



NEW

Nutrition Facts
Valeur nutritive

Per 1 cup (250 mL)
pour 1 tasse (250 mL)

	% Daily Value*
	% valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Annotations:
 - Yellow arrows point to the Fat, Carbohydrate, and Protein rows.
 - Green arrows point to the Sugars row and the footnote.
 - Red boxes highlight the Sugars row and the footnote.

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



*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

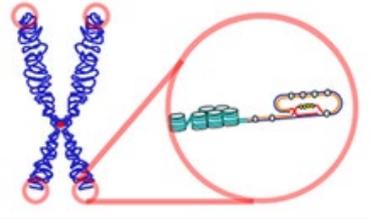
Carey K. Morewedge,^{1*} Young Eun Huh,² Joachim Vosgerau²

10 DECEMBER 2010 VOL 330 SCIENCE www.sciencemag.org

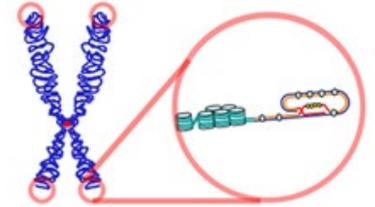


More attention to
an experience

RESEARCH STUDIES: EATING AND STRESS

Who	Type of study	Results
<p>47 Women</p> <p>Healthy lifestyle + Mindfulness Vs. Control Healthy lifestyle</p> <p>4 months</p> <p>Journal of Obesity 2011, Article ID 651936, 13 pages doi:10.1155/2011/651936</p>	<p>Healthy lifestyle + Mindfulness</p> <ul style="list-style-type: none"> - 10 weekly group sessions (2.5 hrs / week + 1 full day) - Individual activities (30 min/d) - Mindful eating <p>Control Healthy lifestyle</p> <ul style="list-style-type: none"> - only 2-hr nutrition and exercise info session @ midway 	<ul style="list-style-type: none"> ↓ Chronic stress ↓ External eating ↓ Cortisol awakening response (CAR) ↓ abdominal fat in those with ↓ CAR ↔ weight vs. ↑ weight (control) <ul style="list-style-type: none"> ↑ Telomerase activity (trend for higher attendance to sessions) ↓ Cortisol ↓ in % calories from fat ↓ dietary restraint (dieting behaviours)
<p>Psychoneuroendocrinology. 2012 July;37(7):917-928</p>		

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?

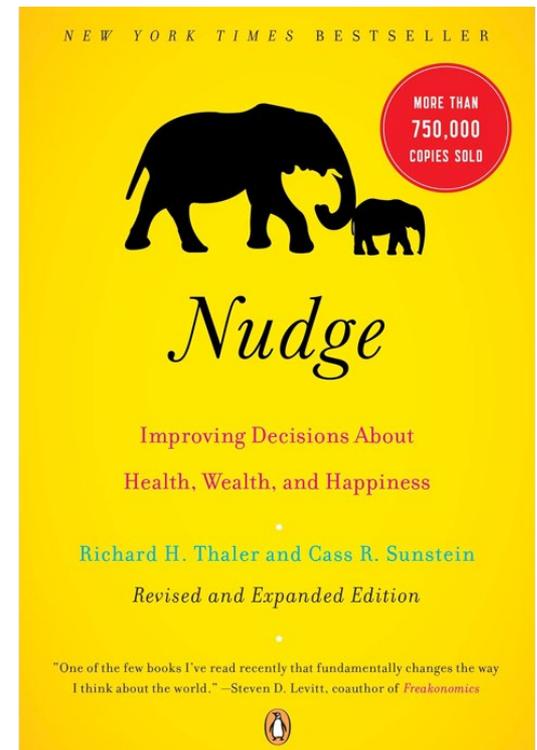
How does this experience differ from eating a handful of raisins?

How would you describe this experience?

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



MAKING YOUR ENVIRONMENT *NUDGY*

3 Breakfast meals
3 lunch meals
4-6 supper meals

Meal	S	M	T	W	Th	F	S
Breakfast	Leftover Breakfast #1	Breakfast #2			Breakfast #3		Breakfast #1
Lunch	Lunch #1		Lunch #2		Lunch #3		Leftover Supper #5
Supper	Supper #1		Supper #2	Supper #3	Supper #4	Supper #5	Supper #6



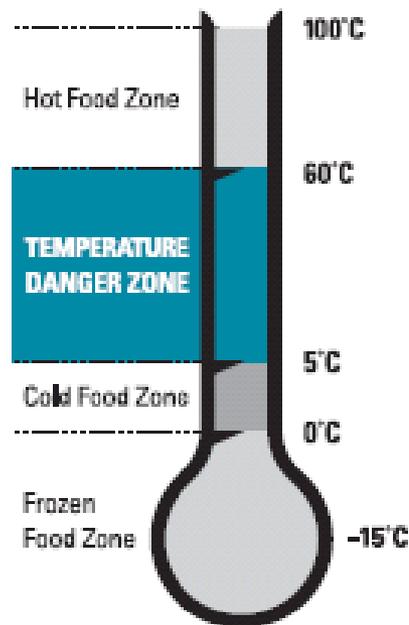
Refrigerate or freeze all leftovers in < 2 hours to minimize the chance of bacteria growing.



[General Food Safety tips & Safe food storage](#)
Health Canada, [Food Safety in the Home](#), CPHA

Photo source: foodphoto.ca

MAKING YOUR ENVIRONMENT **NUDGY**



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.



MAKING YOUR ENVIRONMENT **NUDGY**

- 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



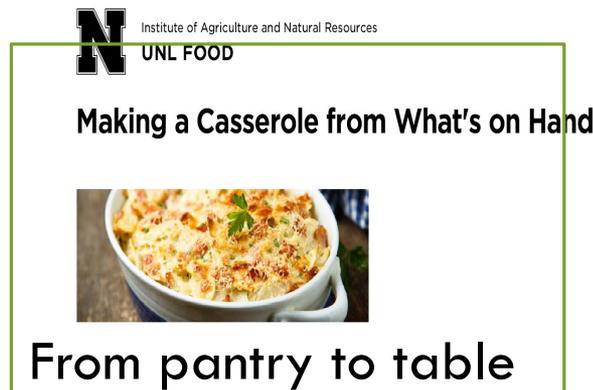
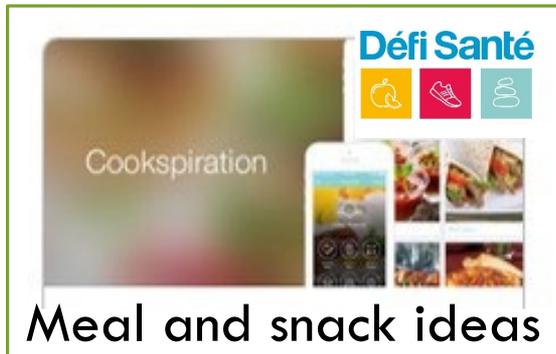
Milk/ yogourt / Fish and seafood (fresh, can, fzn) / Legumes (dried or canned lentils, chickpeas, peas, black beans) / Nuts, Poultry and Red meat

GRAINS & STARCHES



Bread / Cereal / Potatoes / Rice / Pasta / Grains: barley, millet, whole grain flours, oats

MAKING YOUR ENVIRONMENT **NUDGY**



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

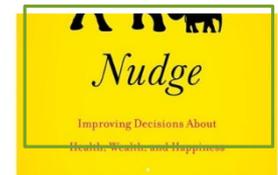
SUMMARY

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



2. Mindful eating

- a. Attention
- b. Attitude



3. Make your environment *Nudgy*

- a. Set a routine
- b. Plan some meals (2-1 meals)
- c. Regular food items on hand



	M	T	W	Th	F
Breakfast #1	Breakfast #2		Breakfast #3		
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Supper #1	Supper #2	Supper #3	Supper #4	Supper #5	



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](#)