



# Nutrition During the COVID-19 Outbreak

Being in quarantine and required to stay at home during the COVID-19 pandemic can be quite stressful and challenging for some individuals and families. In times like these, many people tend to abandon their healthy eating habits due to boredom and increased anxiety.

Proper nutrition is vital to help support a strong immune system, improve mental health, and lower your risk of chronic illnesses and diseases. This article outlines a list of tips and strategies to help you manage and maintain a nutritious diet during these unprecedented times.

Here are some health habits while working from home.

## Plan your daily meals and snacks, ahead of time

It is important to go about your day as you normally would, to create a sense of normality and structure during these unprecedented times, especially if you are working from home.

Strategies to do this include:

- Setting a timeframe for your work e.g. working set hours and including a lunch break.
- Getting dressed in work attire.
- Preparing and packaging your lunches.
- It is also important to set aside your snack options for morning tea and afternoon tea if this is something you would ordinarily do.

## Manage your work environment at home

Set up a workspace that mentally prepares you for work mode. Ideally, this is in a separate room that is away from your kitchen. However, if you are limited for desk space and are required to set up at the kitchen bench, try facing away from the pantry cupboard and refrigerator, so they are not in your line of sight, reducing temptation.

## Maintain hydration levels

As a (general) rule, aim for 30-35ml of water per kg of body weight. For instance, a person weighing 70kg should aim for 2.1 to 2.4L of water per day (70 x 30-35ml). An easy way to increase the amount of water you drink is to:



- Have a water bottle on your work desk, which will constantly remind you to drink water.
- Set yourself reminders to take a sip of water every 30 minutes or to drink 1 cup of water every hour while at work.
- Use water enhancers such as flavouring your water with basil, mint, or citrus fruits.

## **Vitamin D and Sunshine**

Vitamin D is essential for our immune system, nervous system and to help regulate mood. It is important now more than ever that we get adequate healthy exposure to sunshine, while working from home. A few examples of ways to increase your vitamin D intake include:

- Having breakfast and lunch in your backyard or balcony.
- Going for short walks around the block if you can or around your backyard during your breaks.
- Finding a spot in your home with natural light to work from, if possible.

## **Support is Available**

Acacia EAP offers sessions with our team of high quality, accredited practising dietitians. These sessions can be helpful for nutritional tips, weight management, individualised dieting plans and more.

For individual dietary advice, please call 1300 364 273 to book an appointment with one of our accredited practising dietitians today.

**Acacia EAP offers support 24/7/365  
1300 364 273**