



# EAT HEALTHY

## While Working From Home

Has working from home changed your eating habits? Do you snack more often? Are you having your meals at irregular hours?

Here are tips for you to start eating healthy while working from home.

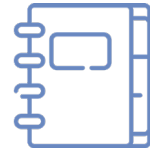
## TRICK YOUR BRAIN INTO EATING HEALTHY



Establish a **meal schedule** with your family. Create a **change of scenery** as a trigger for your meal time e.g. lay out a table cloth



**Work as far away from the kitchen** as possible to avoid snacking temptation



**Keep a food journal** to remind yourself of what you have eaten and identify any connection between your eating habits and your mood

## CREATE HEALTHY SNACKING HABITS



Decide what snack to have, where you want to be when you have it. Integrate snacking in your daily routine



Go for **healthier snack choices** such as fruits, nuts and chopped veggies. Avoid stocking up on “junk food”



Almonds are shown to increase weight loss by 62% compared to complex carbs.



**Eat enough protein.** High protein intake can boost metabolism while making you feel full, thus reducing cravings and desire to snack



The louder chips crunch, the better they taste. Snack on foods that have audible crunch e.g. chopped vegetables

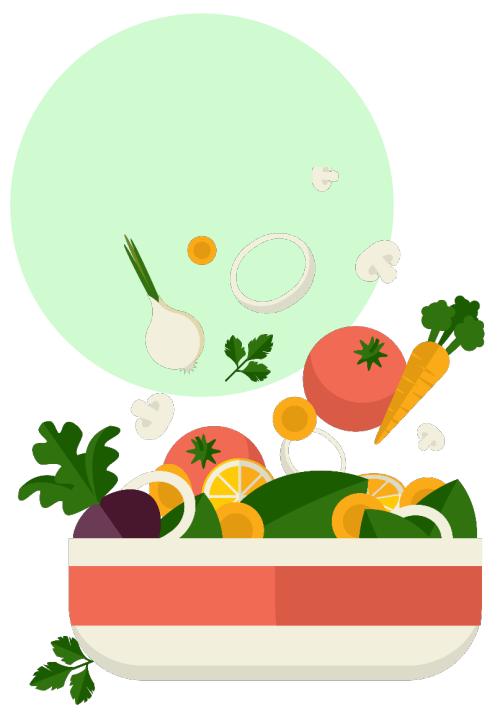


### Chocolate alternatives

- Cocoa powder
- Cacao nibs
- Dark chocolate (>70% cacao)
- Carob - high in calcium & fiber, low in sodium & fat



## HEALTH OVER DIET



Instead of dieting, focus on healthy eating habits, the quality and quantity of your food



Dieting is one of the strongest predictors for future weight gain. As you transition to whole, nutritious food, weight loss will follow.



Integrate balanced nutrition in your cooking. Instead of stockpiling, go for alternative protein-rich and fiber-rich ingredients e.g. lentils, quinoa and anchovies



Boost your immune system with the right food choices and increased water intake

### ✓ TO EAT

#### Dried fruits, nuts & seeds

Unsalted & unsweetened

#### Whole grains

Wholegrain rice & pasta, oats, buckwheat, quinoa

#### Starchy roots

Baked, boiled or steamed. Leave skins on for extra fiber and flavour

#### Dried and canned pulses

Beans, chickpeas, lentils & other pulses are great sources of veggie protein, fiber and vitamin

#### Fruits & vegetables

### ✗ TO REDUCE or AVOID

#### Alcohol

Alcohol lowers your Cytokine production and impacts your body's ability to fight off infection

#### Sugar & starch

Sugar and starch worsen your immune function

#### Protein deficiency

Protein is one of the key factors to prevent infections