



Planning for mindful meals

The pandemic has affected us all in different ways. For many of us, healthy eating has fallen to the wayside. Check out these tips from Kaiser Permanente nutrition experts to get healthy eating back on track.

Manage stress for healthier eating

Many of us are facing the challenge of losing the “COVID 15”. Stress can lead to extra eating and snacking on junk food, so it’s more important than ever to manage stress levels, eat mindfully and move more. Keeping healthy snacks on hand and avoiding stress eating helps keep your snacking in check. Get ideas for [quick and healthy meals](#) from kp.org.

Take a break from screen time

When working from home, be mindful not to eat in front of a screen. Take a break from the computer to eat and focus on your food. Mindless or distracted eating often leads to added caloric intake. Be sure to block time in your calendar to make a healthy lunch and eat slowly at the table, savoring every bite.

Stock up with healthy items

With fewer trips to the grocery store these days, planning meals ahead is more important than ever. Stock up on healthy pantry items, such as brown rice, whole grain pasta, canned or dried beans, tuna, peanut butter, and low-sodium pasta sauce. Take advantage of healthy frozen options such as frozen fruits and vegetables, fish, and meat.

Visit kp.org/nutrition