

PRACTICAL ADVICE ON MAINTAINING HEALTH DURING THE COVID-19 PANDEMIC

ENERGY INTAKE



Develop a schedule

for yourself and your family which includes meals; try to maintain your usual mealtimes.



Be mindful about what you are eating

Sit while eating; chew well and enjoy every bite. Enjoy relaxing music and avoid screens and news during mealtimes.



Be aware of portion size

Watch out for portion distortion. Total fat intake should not exceed 30% of your energy intake.



Optimise dietary quality

Try to eat more vegetables, fruit, and pulses. Enjoy a colourful plate! Eat more foods with a high fibre content, which will help increase satiety.



Be prepared with a shopping list and cooking plan

This will help you avoid impulse buys and keep to your budget. Experiment with home cooking, using cookbooks and online cookery videos. Reduce consumption of takeaways and processed snack food.



Limit intake of free sugars

Sugar is everywhere! Reduce consumption of sugary snack food, alcohol, candy and sugar-sweetened beverages. When you skip the sweets, reward yourself by doing something else you enjoy - have a bath or call a friend.



Weigh yourself weekly

to keep track of changes.



Consume less than 5g of salt per day (= about one teaspoon)

In addition to table salt, significant dietary salt comes from processed foods like ready meals; processed meats such as bacon, ham and salami; cheese; and salty snacks, bread and salty condiments (e.g. stock cubes, soy sauce, bouillon, and fish sauce). Potassium, which can mitigate the negative effects of elevated sodium consumption on blood pressure, can be increased by consuming fresh fruit and vegetables.



Steam or boil food instead of frying

Skip rich condiments like mayonnaise and high calorie sauces and dressings; emphasise healthier vegetable oils and try lower fat dairy and lean meats.