

Covid 19, Lockdown- Diet and Health- SUMMARY

Major health concern during lockdown	Cause
Constipation	↓ Physical Activity, Low Fiber/Fluid Intake, Reduced Sleep
Insomnia	↓ Physical Activity, Mental Stress, High Caffeine Intake, Excessive Use Of Gadgets
Mental stress/ Depression	↓ Physical Activity → Low Endorphin Level
Obesity	↓ Physical Activity + ↑ Calorie Intake

How to fix it?

1. **Create a routine**- Chalk out the day's plan including work, play activities, family time, etc.
2. **Take a break from technology**- Take out time for self introspection/ meditation. Too much gadget use harms our eyes, brain and posture.
3. **Plan special weekends**- Planning fun activities for weekend helps in rejuvenation and keeping track of time.
4. **Do not oversleep/ overwork/ overbinge**
5. **Make cooking and eating a fun and meaningful part of your family routine**
6. **Count the calories**- since our overall physical exertion is much lower now, we require approximately 400 less calories in our diet as compared to what we usually consume. Thus we need to check calorie intake by restricting fried, fatty, junk and sugary foods, reducing portion size of cereals and moving more
7. **Correct Meal timings**- Breakfast before 10 am, mid morning snack around 12 noon, lunch before 3 pm, evening snacks by 5 pm, early dinner-7-8 pm. Good digestion is key for healthy weight-management.
8. **Replace simple carbohydrates with complex carbohydrates**
9. **Fight cravings- Healthy snack stock**- Very essential for in between meal cravings. Nuts, fruits, curd, raita, buttermilk, lassi, milkshake, malted drinks, fruit juice, lemonade, jaljeera, chopped fruits/ fruit chaat/ fruit sticks/ frozen fruits/ chilled fruits, vegetable juice, carrot sticks, chicken/ veg stew, soup, salad with dressing, sprouts, roasted chana, pancake, muri makha, makhana, boiled egg, omelette, water poach, corn chaat, popcorn, oatmeal, barley with banana and honey, fruit/vegetable raita
10. **Stick to a balanced diet**
11. **Stay Hydrated**- At times your body intermixes signals of thirst and hunger. Drinking plenty of water helps you keep away from unhealthy snacking, and is good for digestion, healthy kidneys and skin. If plain water bores you, you can try herbal tea and infused water as well. Avoid caffeinated and sugary drinks, alcohol as these dehydrate our body. Instead, buttermilk, lassi, fruit juice, vegetable juice, coconut water, lemonade, jaljeera, milkshake and soup are better options.
12. **Include 4-5 servings of seasonal fruits and vegetables. Add lemon juice to your meals to increase vitamin C intake.**
13. **Don't forget the nuts and seeds.** Nuts and seeds are a treasure of antioxidants, vitamins and minerals. Almonds & walnuts (in moderation), flaxseeds, chia seeds, pumpkin seeds, watermelon seeds, sesame seeds - are particularly very beneficial for weight loss.
14. **Divide large meals in small meals:** It is a good idea to split your large meals into multiple small meals, this helps you watch calories and is also good for metabolism.

15. **Cut back of processed food, ready to eat mixes, tinned cans:** All these foods are mostly filled with fats that do no good to your body. It is also a good idea to avoid trans-fats from junk food and fast food.
16. **Have a hearty breakfast:** In addition to refuelling you, breakfast keeps you full till lunch, which prevents you from noshing too much during afternoon and grabbing an oily snack in between. A good breakfast may also do wonders for your metabolism.
17. **Convenience foods-** Oats, muesli, wheatflakes, dalia, sooji, puffed rice, multigrain atta, sattu can be kept handy to avoid consumption of unhealthy processed foods.
18. **Limit consumption of highly processed foods-** Canned meat/ fruits/ vegetables, ready to eat mixes, packaged snacks and desserts are often high in fat, simple carbohydrate (esp. Sugar) and salt. Reading labels is essential.
19. **Avoid too many trips to the market** instead stock up foods for at least a week/ online shopping
20. **Start your day with a rejuvenating drink- Lemon and water/jeera water/ plain water/ green tea/ herbal tea:** It supposedly helps rejuvenate you, rid your body of toxins and revs up your metabolism.
21. **Make exercise a part of your daily routine-** Exercise → ↑ endorphin & ↓ cortisol level + ↑ immune power
22. **Active lifestyle-** Avoid sleeping in afternoon after a heavy lunch. 30 mins. nap 2 hours post meal won't be harmful though. Doing household work like sweeping, cleaning dishes, dusting, cooking, etc. Light 15-30 mins. walk post main meals.
23. **Vitamin D-** Sunlight exposure for 15-20 mins between 12-2 pm.
24. **Avoid Substance Abuse** – Alcohol, tobacco.



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