

Minding yourself during COVID-19

Everyone is adjusting to new ways of living, it is important to eat healthy, keep active and mind our mental health. Here are some tips to help and a healthy recipe that uses ingredients you might have in your cupboard, so you can stay at home.

Healthy eating

Eat a healthy balanced diet: Unfortunately, there is no food or supplement that will prevent you from getting COVID-19. Good hand hygiene, cough etiquette and social distancing within 2 metres are the best ways to avoid COVID-19. However, it is important to have a healthy balanced diet using the food pyramid. This will help to support the immune system.



Vitamin D: We make Vitamin D from the sunshine. Spring has sprung so try to get some sun. But take care and wear sunscreen or cover up so you don't get burnt. Food sources of vitamin D include oily fish such as salmon, mackerel and sardines, eggs and breakfast cereals/milks that have vitamin D added in. Make sure to eat foods containing vitamin D every day.

Meal routine: Plan meals and set mealtimes. This will help you structure your day. Have your breakfast, lunch and dinner each day with a healthy snack in between.



Healthy snacks: Keeping to a meal routine will stop you from snacking too much. Ideas of healthy snacks include a piece of fruit, vegetable sticks, a small pot of yoghurt, a glass of milk, 2-3 crackers, 1-2 oatcakes, 2 rice cakes, a handful of nuts or seeds or 2-3 breadsticks.

Keep hydrated: Aim to drink 8-10 cups of fluid a day (around 2 litres). Water is best. Tea and coffee also count as fluid. A 150ml glass of smoothie or fruit juice count as 1 of your fruit and vegetable servings from the food pyramid.



Cooking and shopping: Being at home with your family gives everyone a chance to get involved in mealtimes. Use this time to try a new recipe or improve your cooking skills. Remember to wash your hands thoroughly before preparing meals and before and after eating. Wash your hands before and after doing the shopping, avoid touching your face and follow social distancing. Wash your hands again after unpacking all the shopping.

Stay active

Get outdoors - Unless cocooning, maintain social distancing staying 2 metres apart and keep within 2km of your home.



Try and reduce long periods of sitting – When working, studying, reading, watching TV or on social media try to take a regular short breaks in between by standing, stretching, walking around the house, going up and down the stairs or out to the garden.

Have an exercise routine – Plan your physical activity each day. For example, walking, gardening, housework, chair-based exercise, an online workout or Pilates or Yoga class. Pick a time and stick to it, this will help you create new routine. If you want more information on online exercise classes, please reply to this email and we can direct you.



Be active with your family - By playing games, going on short walks, runs, cycles in your locality and doing online dance classes or workouts together.

Produced by Community Dietitians, Community Healthcare East.
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Minding your mind

It's normal to feel a range of emotions during this challenging time but remember these feelings are only temporary, and for most of us, they will pass. Here are some tips to help you take care of your mental wellbeing during these difficult times:



Maintain a healthy balanced diet	Regular physical activity (unless cocooning) keeping with 2km of your home	Regular sleep routine	Avoid excess alcohol
Read a book	Yoga, meditation or mindfulness apps can be helpful such as Headspace, breathe and calm	Do something creative	Stay informed. Set limits for news and social media. Only use trusted sources for information
Stay connected to others via call, video call and social media - friends and family can be good support	Limit screen time	Do things you enjoy	Talk about your worries and concerns with those you trust

Recipe of the month: Salmon Fish Cakes

Ingredients – Serves 4

- 350g (12 oz) cooked salmon
- 6 medium potatoes, cooked and mashed
- 25g (1 oz) of low-fat margarine, melted
- 2 dessertspoons of chopped parsley/dried parsley
- 1 dessertspoon of vegetable oil
- 2 medium eggs
- 75g (3 oz) of brown breadcrumbs, around 3 slices
- 2 dessertspoons of plain flour
- Pinch of ground black pepper, to taste

Method

1. Place the flaked fish, potatoes, margarine, parsley, pepper and 1 beaten egg in a bowl and mix gently with a fork
2. Place in the fridge for 30 minutes
3. Roll into a 'snake' like shape on a floured surface
4. Cut into 8 portions and shape each into a flat round shape
5. Beat the second egg, dip the cakes in this then coat in breadcrumbs
6. Grill the fish cakes on a medium heat until golden brown on each side
7. Serve two fish cakes per person with a tossed green salad or vegetables of your choice, for example, chopped carrots, peas or sweetcorn.

