

# Eating Healthy Under Quarantine

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# Who am I?

- ▶ Member of TBS 5 years
- ▶ Mom of 2 kids (11 and 7 years old) who went through TBS Preschool
- ▶ Love cooking, reading, being active through running, tennis, and spinning.



# Julie Dorfman MA, RD, LDN

- ▶ Muhlenberg College Graduate
- ▶ Masters in Nutrition Education at Immaculata University
- ▶ Director of Nutrition at The Renfrew Center for Eating Disorders for 10 years
- ▶ Private Practice Registered Dietitian for 8 years
  - ▶ Counseling clients on Eating Disorders, Weight loss, Medical Nutrition Therapy

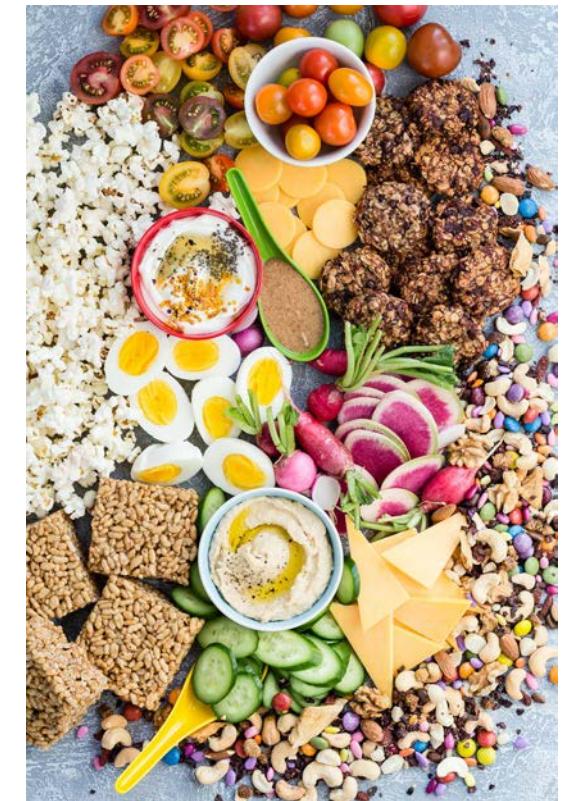
# Eat on a Schedule

- ▶ Eat at specific times each day
  - ▶ Make each meal a balanced plate
  - ▶ “Balanced Plate” – a plate that has a protein source, vegetable, and starch/carbohydrate
  - ▶ Skipping any of these will lead to more hunger later, thus more snacking



# Be Mindful About Snacks

- ▶ Snack: planned, portioned, has a purpose/hunger, part of balanced eating
- ▶ Snacking: eating out of containers, eat when passing through kitchen, eating when not hungry
- ▶ Listen to hunger fullness, eat when physically hungry or full, not with emotion



# Plan Ahead

- ▶ Plan several simple meal ideas for Breakfast, Lunch, Dinner and save them to be able to reheat later
- ▶ Search Pinterest (Julie Dorfman MA, RD, LDN) for new recipes
- ▶ Keep an ongoing grocery shopping list in the kitchen as you are getting low

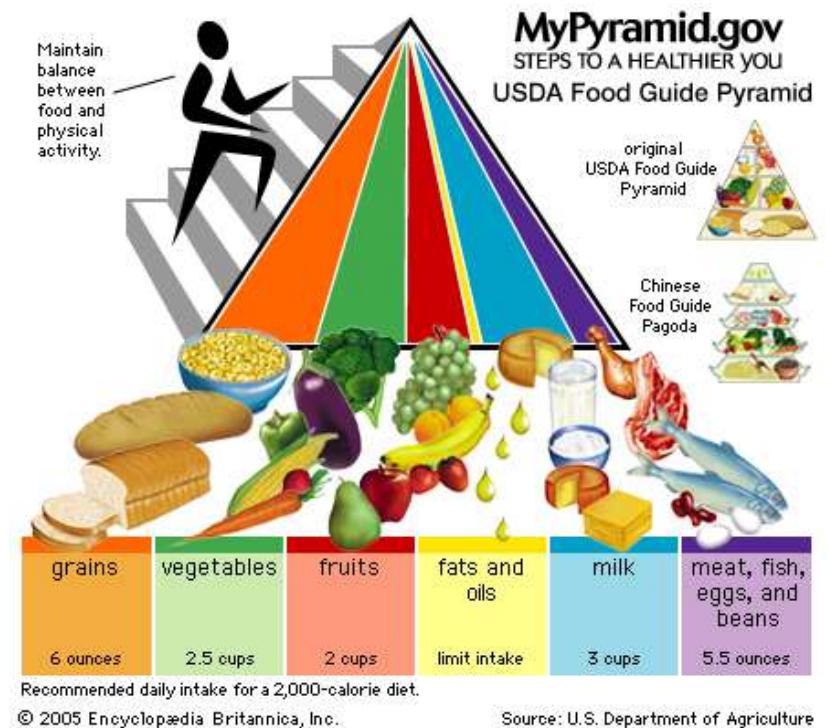
# Put Exercise on your Schedule

- ▶ 30-45 minutes of exercise minimum per day (inside or out)
  - ▶ Track steps through health app (challenge yourself)
  - ▶ Take an online class
  - ▶ Find a free app
  - ▶ Find something to hold you accountable, to set a goal, to work towards a goal



# Understanding the Balanced Plate

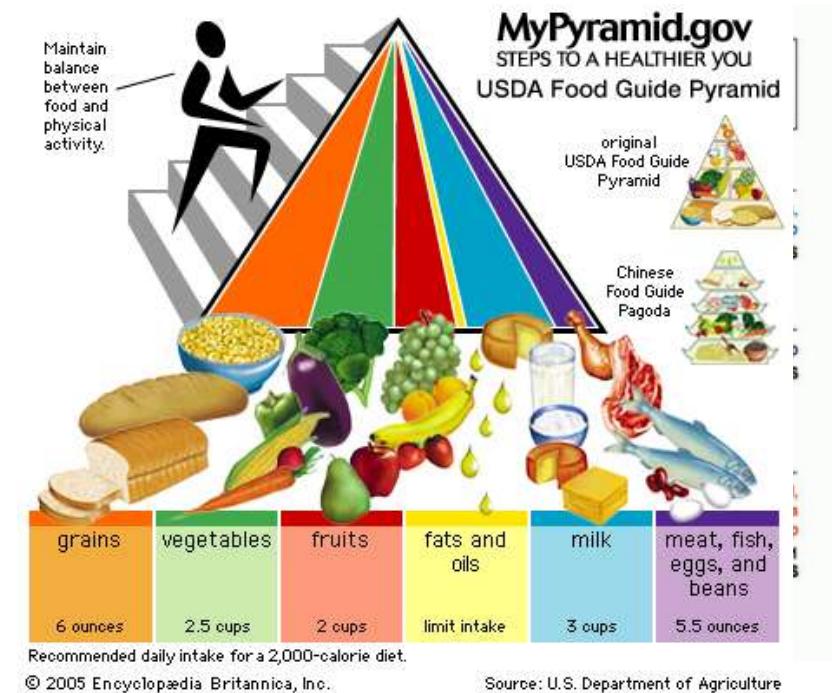
- ▶ Protein (6 servings per day)
  - ▶ 1 egg, 1 oz meat or poultry, 1 oz cheese, 1/3 c beans (lentils, black bean, chickpeas etc)
- ▶ Vegetable (2-3 servings per day)
  - ▶ 1 cup per serving
- ▶ Healthy Fat (4-6 servings per day)
  - ▶ Tsp, or Tbsp servings of butter, dressing, nuts, nut butters, etc.
  - ▶ adds fullness, and when portioned correctly can aid in satiety.



Source: U.S. Department of Agriculture

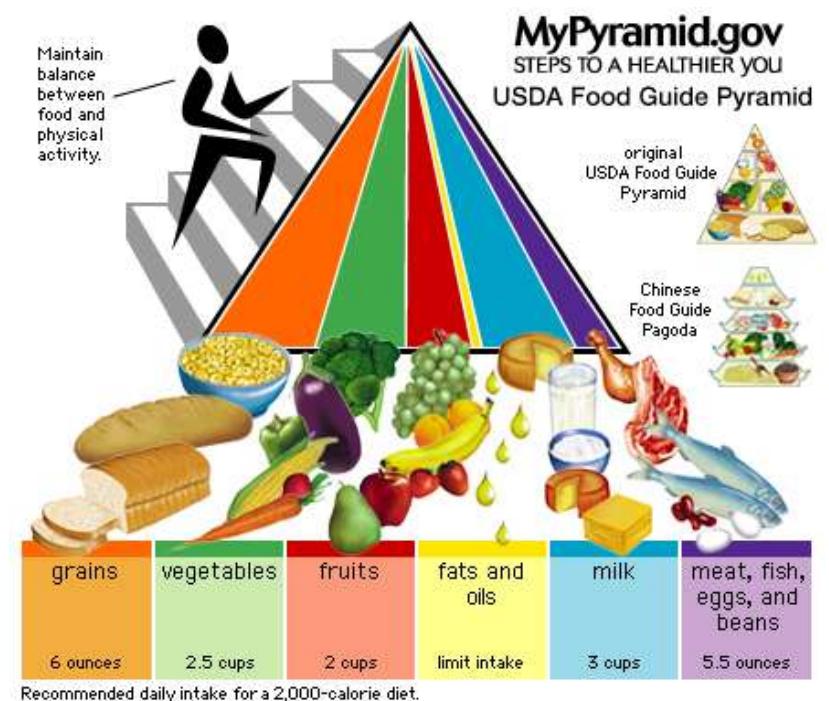
# Understanding the Balanced Plate

- ▶ Carbohydrate or Starches (6-7 servings a day)
  - ▶ Definitely a challenging food group for many as they often are over eaten, so diets 'avoid' them
  - ▶ Typical portions of carbs can be excessive, if they are portioned well they are an important part of a healthy diet
    - ▶ 1 slice of bread
    - ▶  $\frac{1}{2}$  cup pasta, rice
    - ▶  $\frac{1}{2}$  medium potato
    - ▶ 1 c cereal,  $\frac{1}{2}$  c sweetened cereal,  $\frac{1}{4}$  c granola



# Understanding the Balanced Plate

- ▶ Dairy (2-3 servings per day)
  - ▶ 1 cup yogurt, milk, 1-2 oz cheese,  $\frac{1}{4}$  c shredded cheese
  
- ▶ Fruit (2-3 servings per day)
  - ▶ 1 medium piece of fruit, 1/2 canned fruit, 1/2 cup juice,  $\frac{1}{4}$  cup dried fruit



Source: U.S. Department of Agriculture

# Example

- ▶ Salad with grilled chicken and light dressing is what many think is eating “healthy”
  - ▶ Many will be hungry and ready to eat shortly after this, well before the next appropriate meal/snack time.
  - ▶ Ensure grilled chicken is at least 3 oz and if salad doesn’t have chicken, consider adding beans, egg, or another protein
  - ▶ Add a grain:  $\frac{1}{2}$  c quinoa,  $\frac{1}{2}$  c sweet potato cubes, small dinner roll
  - ▶ Notice how many fats are added to salad as dressing, nuts, avocado. All count as fats so balanced salads can be excessive in fat. Always opt to add dressing to a salad on your own



# Do's and Don't During Quarantine

- ▶ Do eat around the same time everyday
- ▶ Do prepare a balanced meal on every plate you eat
- ▶ Do ask yourself "am I hungry" before engaging in a snack
- ▶ Do consider alcohol extra calories like a dessert and manage it how you would a normal week
- ▶ Do portion all your meals, snacks, or anything you put in your body in a cup, bowl, plate so you can see exactly the amount you are about to consume.
- ▶ Don't sleep too late to miss a meal
- ▶ Don't try to restrict any meals, this will make want to eat larger quantities later
- ▶ Don't graze or eat small quantities of food as you pass through or are in kitchen
- ▶ Don't let others food schedules effect yours

# Quick and Easy Meal ideas

Pinterest <https://pin.it/1UPEaam>

- ▶ Switch out Proteins, Starches, Veggies for other choices you have available!
- ▶ Garlic Lime Chicken Quinoa (add vegetable)  
<http://www.eatwell101.com/spicy-chicken-and-quinoa-recipe>
- ▶ Roasted one pan Chicken w/ Sweet potatoes, Apples and Brussel sprouts  
<https://www.wellplated.com/sheet-pan-chicken-sweet-potatoes-apples-brussels-sprouts/>
- ▶ Turkey Taco Spaghetti Boats (omit cheese)  
<https://www.skinnytaste.com/turkey-taco-spaghetti-squash-boats>
- ▶ Poke Bowls  
<https://www.jessicagavin.com/spicy-wild-alaskan-sockeye-salmon-poke-bowls/>
- ▶ One pan Chicken Fajitas (top with guacamole or avocado for a fat)  
<https://tipbuzz.com/sheet-pan-chicken-fajitas/>
- ▶ One pan Mexican Quinoa  
<https://damndelicious.net/2014/04/09/one-pan-mexican-quinoa/>

# Contact Information

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