the GOOD FOOD Clinic

Navigating Nutrition At Home

Intro

If you are the new owner of this book, you may be struggling to adapt to a new set of social rules causing our communities to work from home and practise social distancing. Social distancing is a new concept for many of us and with working from home comes new challenges and triumphs.

About this book

This book has been created to share nutrition knowledge in practical ways. Passing on knowledge of nutrition has been done so for generations. Whether that be cooking skills or nana's secret recipe. Over the year's we've lost touch with what and how to eat, something that is crucial to our health.

How will this book help?

Society has always valued business, efficiency and convenience. During social distancing we have more time on our hands than ever before. Distracting ourselves with technology isn't going to cut it. With a new way of living there are new behaviours that impact our food choices and the way we eat. This book will provide support in the maintenance of a healthy diet, eating in a way that is nutritious and taking control of unhelpful eating habits.

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Routine Ready

It's time to settle in and set up at home. Whether you've transformed your living room into a make-do office or day care for your kids, having a routine is essential.

Us human's are creatures of habit and having a routine brings us comfort during uncomfortable times.

Setting up

- Transfer your work routine at home.
- Set breaks and chat in the staff room aka the kitchen
- Pack lunch and snacks
- Set meal and snack times

If I have persuaded you that having a routine is key, try comparing a day of not following a routine to a day following a routine. I bet you jump on the band wagon!

Self-care & Self-awareness

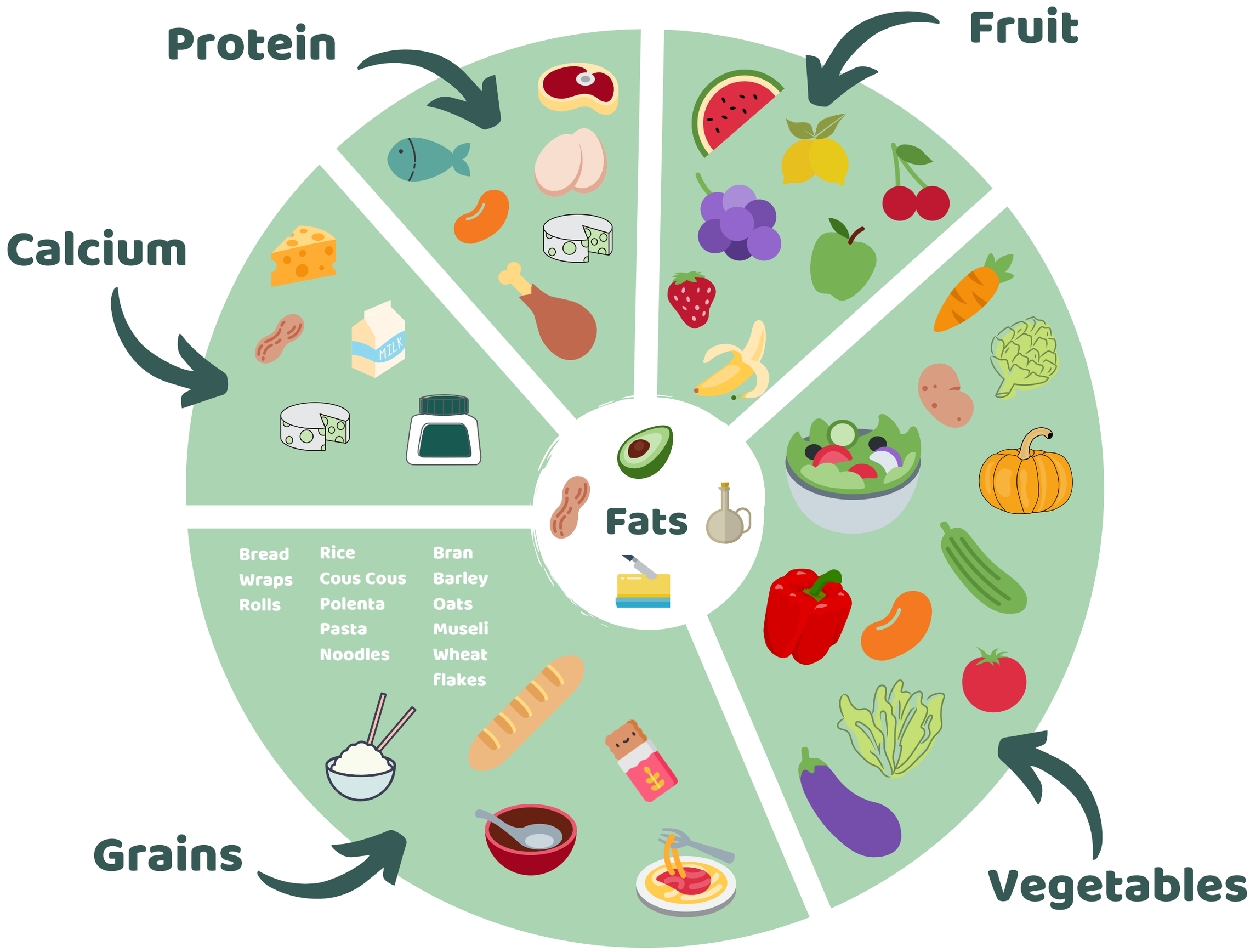
- Thoughts
- Feelings/emotions
- Signs of coping and self-care
- Eating in a way that is nutritious and guilt free

Get Those Endorphins Pumping & Support Your Good Mood with a Good Diet

Isolation Food Guide

By now I'm guessing you've figured having a routine is important to your health and quite frankly, your sanity.

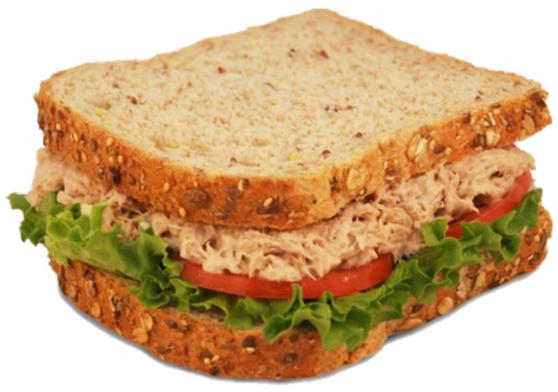
So, let's start talking about food. We need three nutritious meals and a couple of snacks give or take most days. It can be pretty difficult to meet our nutritional needs when we eat random bits of food at the desk or TV. So, start the day with intention and a plan



Time:	Time:	Time:

Add times to provide a guideline of when you can enjoy your meals

Breakfast



Lunch

Dinner

BORED EATING ACTIVITY

Boredom Eating

Congratulation, you have set up a routine, you feel like you have some control but after being cooped up you've noticed some habits starting to occur. Let's talk about **Boredom Eating**.

Boredom eating is when we are not hungry, but rather seeking stimulation through our taste buds for the **Two T's' - taste, and texture.** Boredom eating is going to happen and especially because we don't usually bring our entire fridge and pantry to work.

The best way to approach boredom eating is firstly and most importantly to stop judging yourself. No-one has ever improved their health (physical and psychological health) by harshly judging their food choices so I encourage you to talk and feed yourself as you would do a loved one.

What to do if boredom eating is a problem for you?

Complete the worksheet to learn a little more about yourself and your habits. The more we understand about ourselves the better chance we have at changing unhelpful behaviours.

Just remember we eat for many reasons other than hunger

- Heart hunger (emotions)
- Head hunger (behaviours and external factors)
- Mouth hunger (the Two T's taste and texture)

Have a go and see how often boredom eating occurs. Be sure to approach with with an open and non-judgmental mind

	Time	Food/Drink	Boredom Eating?	Did I enjoy it?	Why?
Example	3pm	PB from the jar and spoon of Nutella	✔	No	On my phone, not paying attention. not hungry
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Pantry Hacks

Carbohydrates

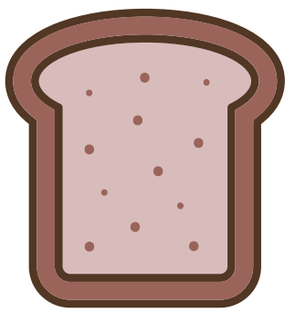
Grains, Cereals, Starchy Vegetables & Fruit

Rice
Cous cous
Quinoa

Pasta
Noodles

Potato
Pumpkin

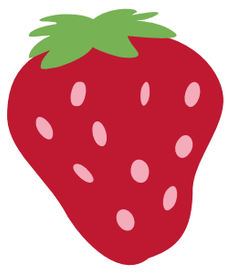
High fibre cereals



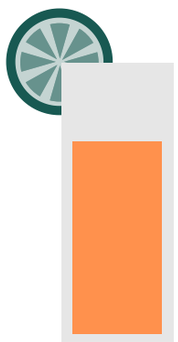
Bread,
Wraps
Crackers

Muesli Bars

Fresh Fruit



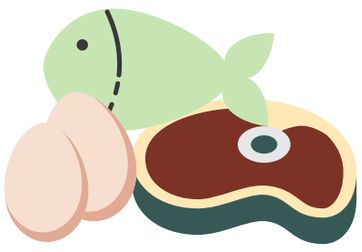
Tinned, Frozen, Dried
Fruit



Juice (No Added Sugar)

Proteins

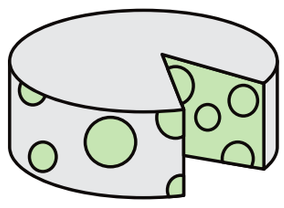
Meat, Plant protein, Beans, Dairy



Lean meat
(eggs, chicken, turkey, red meat, fish)

Minced Meat

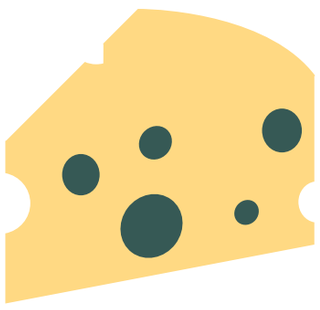
Tinned Fish & Oysters
Tinned Chicken



Tofu & Tempeh
Beans & lentils

Tinned or dried
beans & lentils

Textured Vegetable Protein
Protein powders



Cheese
Milk
Yoghurt

Long Life Milks
& non-dairy options

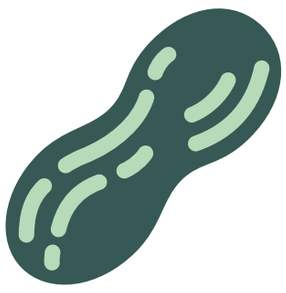
Milk Powder
Protein Powder

Fats

Nuts, seeds and oils

Avocado

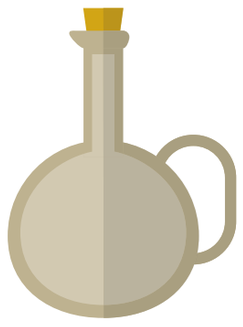
Avocado Paste



Nuts & Seeds

Nut Butter
Tahini

Butter
Margarine



Plant-Based Oil
Olive, Canola, Avocado

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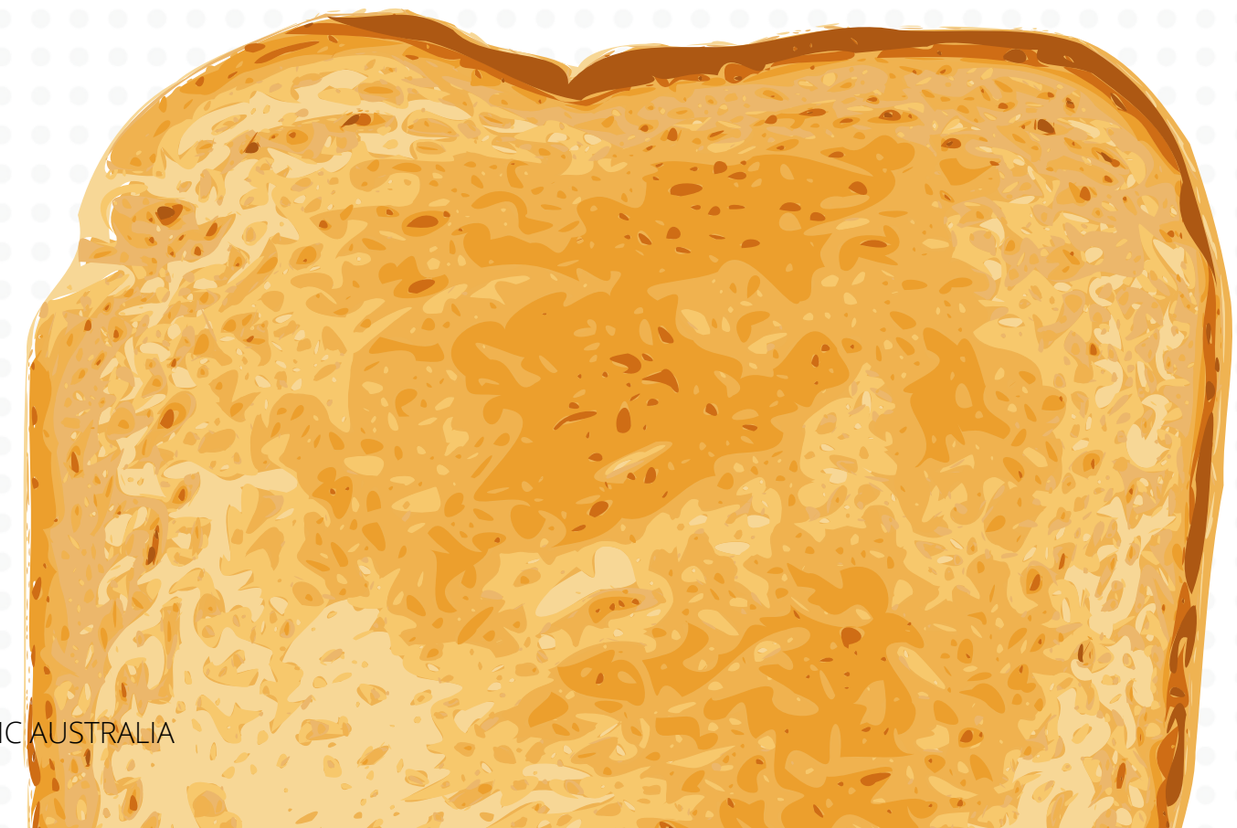
Sarah Why - Accredited Practising Dietitian & Nutritionist

Thomas Price - Student Dietitian & Nutritionist



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