

# How to eat healthy during lockdown

## A free virtual talk and Q&A session

Scott Lonnee & Sandra Evans, Bariatric Dietitians  
11 November 2020, 2.00pm

Via MS Office Teams  
Please register your interest by sending an email to:  
[members@stgeorges.nhs.uk](mailto:members@stgeorges.nhs.uk)



# COVID-19 and diet – table of contents

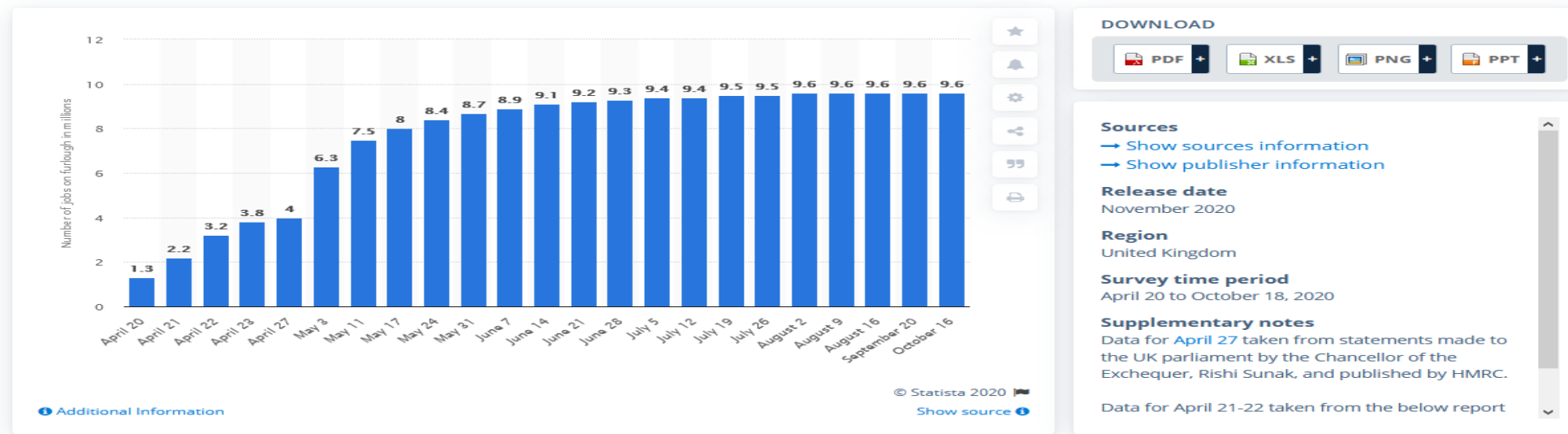
- ❑ Doom and gloom or ray of sunshine?
- ❑ Drawbacks of the COVID-19 epidemic
- ❑ Benefits of the COVID-19 epidemic
  - ❑ What is healthy eating
  - ❑ How to eat well – a plan
  - ❑ What to avoid – EtOH
- ❑ Sandy – at look at psychology of eating and lifestyle effects during COVID-19
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- ❑ Questions and answers



# Adverse impact of COVID-19 lockdown on diet profile

- COVID-19 = 9.6m on furlough scheme in October 2020
- Loss of income – serious budget constraints on food and household purchases
- UK destitution rates will double by Christmas – according to Britain's largest food bank network - The Trussell Trust (The Guardian)

**Number of jobs furloughed under the job retention scheme in the United Kingdom between April 20 and October 18, 2020**  
(in millions)



# Qualitative decline in household dietary intake:

- Change in food access – was an initial concern for ‘vulnerable’ people
  - Increased difficulty with food shopping
  - Restricted access – queues around the block
  - Agoraphobia – fear of contracting COVID-19
  - Lack of social support – no one to help with food shopping
  - Social isolation can lead to reduced ‘self-care’ and poor dietary intake as a result
  - Panic buying – has seen an upsurge in ‘long life’ food product purchase - may contain too much salt and sugar
  - Food wastage!



# Effect of poor quality diet

## Increased risk of:

- Weight gain
  - Raised blood pressure
  - Raised cholesterol
  - Low mood
- 
- Most effected are homeless, elderly, and low-income households
  - Thankfully food banks and government weekly food vouchers are helping to some degree
  - Despite widespread reports of panic buying there were no 'food shortages' of worrying degree
    - Possibly temporary toilet paper shortages
    - Food industry stepped up to the challenge admirably – thank you to key workers
    - Most food retail outlets had orderly safe systems for food and essentials shopping



## Unexpected benefits of COVID-19



For those of us with means and capacity – how should we be thinking about our diet and COVID-19 19?

- Numerous positive reports – a different way of working
- Helped improve the work life balance
- For some the benefit of ‘time’ has allowed an extensive overhaul of their dietary profile
- Many patients have reported weight loss and improved well being
  - Having planned and implemented a better diet
  - More regular exercise/activity



# Chinese proverb – out of every crisis comes opportunity



- Take the opportunity to embark upon a 'new mission' to eat better – we can all do that
- Use the opportunity to make your diet a priority and major focus
- In order to achieve anything – first you must evaluate the current situation and then make a plan
- Make your plan and set about achieving it.

► **A goal without a plan is just a wish – Antoine de Saint - Exupery**

# Just what is eating well?





# The golden rules - eat less:

- ▶ Eat less total fat ~ 30% daily calorie total = 83g and 66g/day for Men & Women respectively
- ▶ Eat less saturated fat <30g/day for men and <20g day for women
- ▶ Eat less salt – not more than 6g day – UK average is 9g
- ▶ Read food labels keep salt to < 1.5g per 100g
- ▶ Eat less processed foods
- ▶ Eat less processed foods and those with less nitrates/nitrites found in cured meats – WCRF – Ca link
- ▶ Eat less meat – aim for a limit of 70g cooked weight per day

# Eat more:

- Eat more dietary fibre – UK average = 17g – should be 30g day
- Eat more fruits, vegetables or salad foods – any combination will be fine – just aim for 5 a day
- Base meals on starchy less refined carbohydrates
  - i.e. lower GI choices and those with satiety inducing fibre
  - opt for wholegrains where possible
  - Beans, pulses, legumes
  - Keep sugars <15g per 100g
- Eat 3 x dairy food portions or calcium rich alternatives (~ 800mg Ca per day)
- Eat more fish (oily) ideally 2 x portions per week



# Hydrate!

- Don't get thirsty – aim for 6 to 8 glasses per day 1500ml to 2000ml day
- Don't slake your thirst with 'calorie' containing beverages unless you can help it
- Choose water, low calorie beverages – tea and coffee (not hazelnut latte 😊)
- No added sugar squash
- Read labels – 45 calories per 100ml is a 'high energy' drink! Do you really need that?

# Alcohol:

- ▶ **Institute of alcohol Studies** – June 2020 report on alcohol consumption during the COVID-19 lockdown.
- ▶ Consumption habits have changed – however it is too early and too difficult to draw conclusions
- ▶ Report noted an extra £160m was spent in supermarkets in the first three weeks of lockdown compared to the same time last year
- ▶ On the other hand, Bars and pub sales of alcohol are markedly down compared to last year
- ▶ Several surveys suggest that 20% to 30% of respondents are:
  - ▶ Drinking more often + 5 days weekly
  - ▶ Drinking earlier in the day
  - ▶ Stress/anxiety – particularly noted in parents struggling with school closures



# Alcohol:

- ▶ **Aim:**
  - ▶ 2 alcohol free days per week
  - ▶ Consume less than 14 units per week
  - ▶ Seek help – there are reliable and readily accessible services in your area – look online
- ▶ <https://www.drinkaware.co.uk/tools/unit-and-calorie-calculator>



# How to eat well?

- What was on your plan?

Make it happen!!

## Eat less:

Fat/ Sugar/Salt

Take aways

Ready meals

Processed foods/meat

## Eat more

F&V

Fibre

Variety

Regular meals

- ▶ Eating well is simply eating the right amount of the right foods at the right times
- ▶ Consistency is king



# Meal planning:

- Shake it up a little – set new ‘norms’
- Revise your menu repertoire!
- Learn new recipes
- Challenge your palette – try new foods
- Learn the basics of cooking – rather than ‘re heating’ foods
- Find a YouTube cooking coach that tempts your palette and your style of eating
- Teach cooking with your children, grandchildren or partner be ambitious!!
- Empty the cupboard, the drawers
  - The pantry
  - The freezer
- Check those old herbs and spices – can bring back memories
- Revise your ‘staples’ research ‘essential staples’ online





# Time, budget, health and environment:

- Frozen vegetables – so cheap, so nutritious and so convenient – use the microwave!
- One pot wonder – 15 min prep time or less
- Batch cook and freeze – ‘home made ready meals’
- Go vegetarian or vegan one day per week
- Change your shopping habits
  - Shopping online
  - Shopping locally
  - Shopping more frequently and purchase less – the Continental European way:
    - less waste
    - less pressure to eat what used to go to waste
    - you are not a human dustbin



# Eat in season:

- ▶ Fruit and vegetables are best in season, they are most nutritious, most affordable, in abundance and texturally perfect!
- ▶ Search online: eating in season
- ▶ Try the big supermarkets websites – they have big budgets to produce informative webpages
- ▶ Shop locally – street markets, farmer markets, corner grocer, online delivery
  
- ▶ **November**
  - ▶ Apples, Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Elderberries, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Pears, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash, shallots
  
- ▶ **December**
  - ▶ Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Cranberries, clementine's, passion fruit Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash.



# Follow a routine – meals, work, sleep, exercise, hydration, family:

- Set mealtimes and stick to them – feels odd at first, but the routine will become the norm, and this can really help with weight loss
- The basis of most ‘commercial’ diet plans – WW, SW, LL, SF - is regular meals and appropriate snacks. This is in line with all ‘government’ guidelines around the world. The evidence is irrefutable
- Regular balanced meals – have I said that already?



# Motivation:

- Set new habits – a new menu – new you
- Keep ideas fresh – stay interested- keep on it
- Use online resources to your advantage – we eat with our eyes
- Sign up to a food blog
- Register with a website dedicated to any dietary angle you wish to care for
- Supermarkets – use the online resources – they really are fantastic
- NHS menu planning app
- Practice makes perfect
- Three point plan at the end of our talk – balanced, regular meals and low calorie fluids.

# Loads of Healthy Eating Advice Available.....



**"I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat free."**



# Immune system and COVID-19

- eating a **variety of different foods** helps support a healthy immune system
- there is no diet to 'boost' your immune system or to prevent getting Covid 19

## Diet Mentions:

--**Gut Health & Tryptophan:** sleep-inducing amino acid (e.g. milk, milk products, yogurt-probiotics)

--**Vitamins/Minerals** : fruits and vegetables,

--**Zinc:** chicken, red meat, nuts, beans, lentils, pumpkin and sesame seeds

--**Omega 3 Fatty Acids** – oily fish, seeds-flax, chia, walnuts

--**Vitamin D**

<https://www.bda.uk.com/uploads/assets/5c75ea19-7b55-4281-86eaa3edda5a281a/BDA-Immunity-graphic->

## CAN FOODS BOOST YOUR IMMUNE SYSTEM?

COVID-19

Understandably, people are worried about COVID-19 (the new coronavirus) and want to do anything they can to avoid catching it. This fear has unfortunately allowed misinformation to spread regarding food and immunity.

### CAN WE 'BOOST' THE IMMUNE SYSTEM VIA DIET?

This is actually a misunderstanding of how the immune system works. A healthy immune system likes to be in balance and it is more helpful to talk about how foods can support its 'normal' or 'ideal' functioning. An immune system which is overactive, can actually lead to problems such as allergies or autoimmune conditions.



### SHOULD WE TAKE FOOD SUPPLEMENTS?

Unfortunately, there is no convincing evidence to suggest taking supplements will give us advanced disease-fighting powers - especially in the midst of a pandemic. Luckily for us, food - by nature - is handily packaged with a mixture of different nutrients to support a healthy immune system. Eating a variety of different foods helps the body get everything it needs from our diet.



Many of us are having to stay indoors more than usual due to the new coronavirus. As we normally get vitamin D from the sun, people with little or no sun exposure should consider taking 10 micrograms supplement each day (even in spring/summer months.) Vitamin D can be purchased from supermarkets or pharmacies.



### CAN ANY FOODS PROTECT US FROM COVID-19?

It is strongly recommended to avoid taking foods or supplements advertised as 'immune boosting' or 'COVID-19 protective' in an attempt to protect us from this virus. Examples include eating garlic, or taking herbal remedies.



Although enticing, there is no robust evidence that these methods work. They could also distract us from doing the things which really help to stop the infection spreading - such as thorough hand washing and social distancing.



Developed in partnership with The BDA Project and the BDA Older People's Specialist Group

# Vitamin D and Covid-19



Journal of Steroid Biochemistry and Molecular Biology

journal homepage: [www.elsevier.com/locate/jsmb](http://www.elsevier.com/locate/jsmb)



“Effect of calcifediol treatment and best available therapy versus best available therapy on intensive care unit admission and mortality among patients hospitalized for COVID-19: A pilot randomized clinical study”

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RCT

August

Avda. Menéndez

## ARTICLE INFO

**Keywords:**  
COVID-19  
SARS-CoV-2  
Vitamin D  
Vitamin D3 or cholecalciferol  
Calcifediol or 25-hydroxyvitamin D3  
1α, 25(OH)2D or 1α, 25-dihydroxyvitamin D or calcitriol  
Acute respiratory distress syndrome (ARDS)  
Cytokine/Chemokine storm  
Renin-angiotensin system  
Hypercoagulability  
Hydroxychloroquine  
Chloroquine  
Covid19  
Neutrophil activity  
Vitamin D endocrine system  
Calcitriol alveolar coating cells type II  
Calcitriol peptide  
Defensins  
TLR co-receptor CD14  
Vitamin D receptor

## ABSTRACT

**Objective:** The vitamin D endocrine system may have a variety of actions on cells and tissues involved in COVID-19 progression especially by decreasing the Acute Respiratory Distress Syndrome. Calcifediol can rapidly increase serum 25OHD concentration. We therefore evaluated the effect of calcifediol treatment, on Intensive Care Unit Admission and Mortality rate among Spanish patients hospitalized for COVID-19.

**Design:** Parallel pilot randomized open label, double-masked clinical trial.

**Setting:** University hospital setting (Reina Sofía University Hospital, Córdoba Spain.)

**Participants:** 76 consecutive patients hospitalized with COVID-19 infection, clinical picture of acute respiratory infection, confirmed by a radiographic pattern of viral pneumonia and by a positive SARS-CoV-2 PCR + CURB65 severity scale (recommending hospital admission in case of total score > 1).

**Procedures:** All hospitalized patients received as best available therapy the same standard care, (per hospital protocol), of a combination of hydroxychloroquine (400 mg every 12 h on the first day, and 200 mg every 12 h for the following 5 days), azithromycin (500 mg orally for 5 days). Eligible patients were allocated at a 2 calcifediol:1 no calcifediol ratio through electronic randomization on the day of admission to take oral calcifediol (0.532 mg), or not. Patients in the calcifediol treatment group continued with oral calcifediol (0.266 mg) on day 3 and 7, and then weekly until discharge or ICU admission. Outcomes of effectiveness included rate of ICU admission and deaths.

**Results:** Of 50 patients treated with calcifediol, one required admission to the ICU (2%), while of 26 untreated patients, 13 required admission (50 %) p value X<sup>2</sup> Fischer test p < 0.001. Univariate Risk Estimate Odds Ratio for ICU in patients with Calcifediol treatment versus without Calcifediol treatment: 0.02 (95 %CI 0.002–0.17). Multivariate Risk Estimate Odds Ratio for ICU in patients with Calcifediol treatment vs Without Calcifediol treatment ICU (adjusting by Hypertension and T2DM): 0.03 (95 %CI: 0.003–0.25). Of the patients treated with calcifediol, none died, and all were discharged, without complications. The 13 patients not treated with calcifediol, who were not admitted to the ICU, were discharged. Of the 13 patients admitted to the ICU, two died and the remaining 11 were discharged.

**Conclusion:** Our pilot study demonstrated that administration of a high dose of Calcifediol or 25-hydroxyvitamin D, a main metabolite of vitamin D endocrine system, significantly reduced the need for ICU treatment of patients requiring hospitalization due to proven COVID-19. Calcifediol seems to be able to reduce severity of the disease, but larger trials with groups properly matched will be required to show a definitive answer.

...generally accepted that people with low Vitamin D levels (e.g. high BMI, Older age, BME) are at higher risk for worse Covid-19 outcomes (?? Supplementation impact)

...small RCT from Spain showed those receiving Vitamin D....less admission to ICT

...Vitamin D supplementation...generally cheap, pretty benign side-effect





# Vitamin D

## Vitamin D – Best Source:

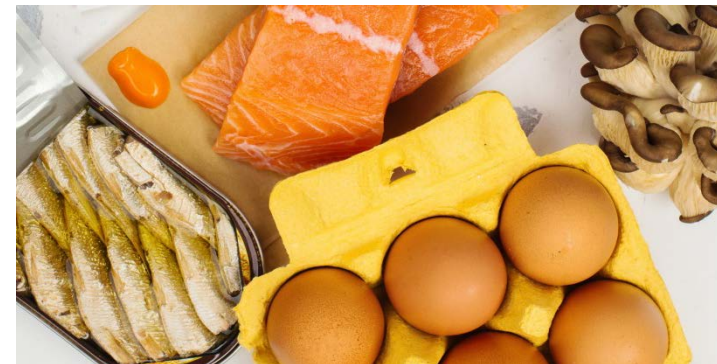
- ✓ Sunshine—body (liver and kidneys) creates vitamin D from direct sunlight on skin when outdoors
- ✓ Best Time—late-March/early April until end-September (short periods between 11am-3pm)

## Vitamin D – NHS Supplement Guidance

- ✓ Adults should have 10 micrograms or 400IU of vitamin D, especially in autumn thru winter
- ✓ 65+ years - because their skin is not as good at making vitamin D
- ✓ People with darker skin tones and those who cover their skin when outside, climates

## Vitamin D - Good Dietary Sources include:

- ✓ Oily Fish (e.g. salmon, mackerel, sardines, pilchards, trout, herring, kippers)
- ✓ Egg Yolks
- ✓ Fortified Foods  
(e.g. breakfast cereals, some yogurts, mushrooms)



# Free vitamin D supplies to bring a ray of hope through winter

Vulnerable people to be given supplements as studies suggest a level of protection against virus

By Edward Malnick  
SUNDAY POLITICAL EDITOR

FREE supplies of vitamin D will be delivered to more than two million clinically vulnerable people and care home residents over the winter, amid growing optimism about the role of the supplement in cutting the risk of death from Covid-19.

Ministers are drawing up plans for four-month supplies of the vitamin to be delivered directly to care home residents in England, and those deemed to be clinically extremely vulnerable. The move will follow a similar measure deployed by the Scottish government.

Matt Hancock, the Health Secretary, is said to be seeking to act in light of new evidence about the supplement.

The Government is expected to commission clinical trials to further examine the link between Covid-19 and vitamin D deficiency. A number of studies have indicated that poor vitamin D levels are associated with a higher risk of death from Covid-19.

The vitamin helps the body to maintain normal levels of calcium and phosphate, keeping bones, teeth and muscles healthy. It is produced naturally by the body when it comes into contact with the sun.

From next month, supplements will be delivered to clinically extremely vulnerable people and all care home residents across England.

The supplies are intended to last through the winter.

A senior government source said: "We are going to make sure those most in need of vitamin D can access a free supply over the winter months. Some studies suggest vitamin D supplementation could have a positive impact for people suffering with Covid-19."

In June, a formal review by the Royal Institute of Health and Care Research concluded there was insufficient evidence to recommend that

vitamin D protects against the virus. However, Mr Hancock told MPs last month that more studies had since come to light.

MPs including David Davis, the former Brexit secretary, have been calling for the Government to consider distributing vitamin D to vulnerable people in England.

During Prime Minister's Questions last week, Mr Davis said: "The Scottish government are sending four months' supply of vitamin D to everybody who is shielded in Scotland. Given that it is low cost and there is no medical downside, will our Government consider the same approach in England?"

Mr Johnson replied: "He is entirely right that we are indeed looking at the possible beneficial effects of vitamin D, and I know that we will be updating the House shortly."

Some 2.2 million people classed as "extremely vulnerable" to Covid-19 have been issued with guidance on protecting themselves in the coming months, after the Government dropped the formal shielding scheme deployed during the first wave of infections. The group includes those undergoing treatment for cancer and those who are immunosuppressed or suffering from conditions such as cystic fibrosis.

After the first national lockdown, Dr Alison Tedstone, Public Health England's chief nutritionist, recommended that everyone take the "sunshine supplement" as they were spending so much time indoors.

Scientists have speculated that the disproportionately high toll from the virus suffered by people from black, Asian and minority ethnic communities may be partly down to endemic low levels of vitamin D.

One of the studies understood to be under consideration by health officials is an analysis by Ben Gurion University, in Israel, involving around 1.3 million participants, which suggested that vitamin D supplementation could cut the risk of death from Covid-19 in some groups by as much as half.

The trial also came across findings appearing to suggest that vitamin D taken in liquid form, rather than tablets, produced the protective effect.

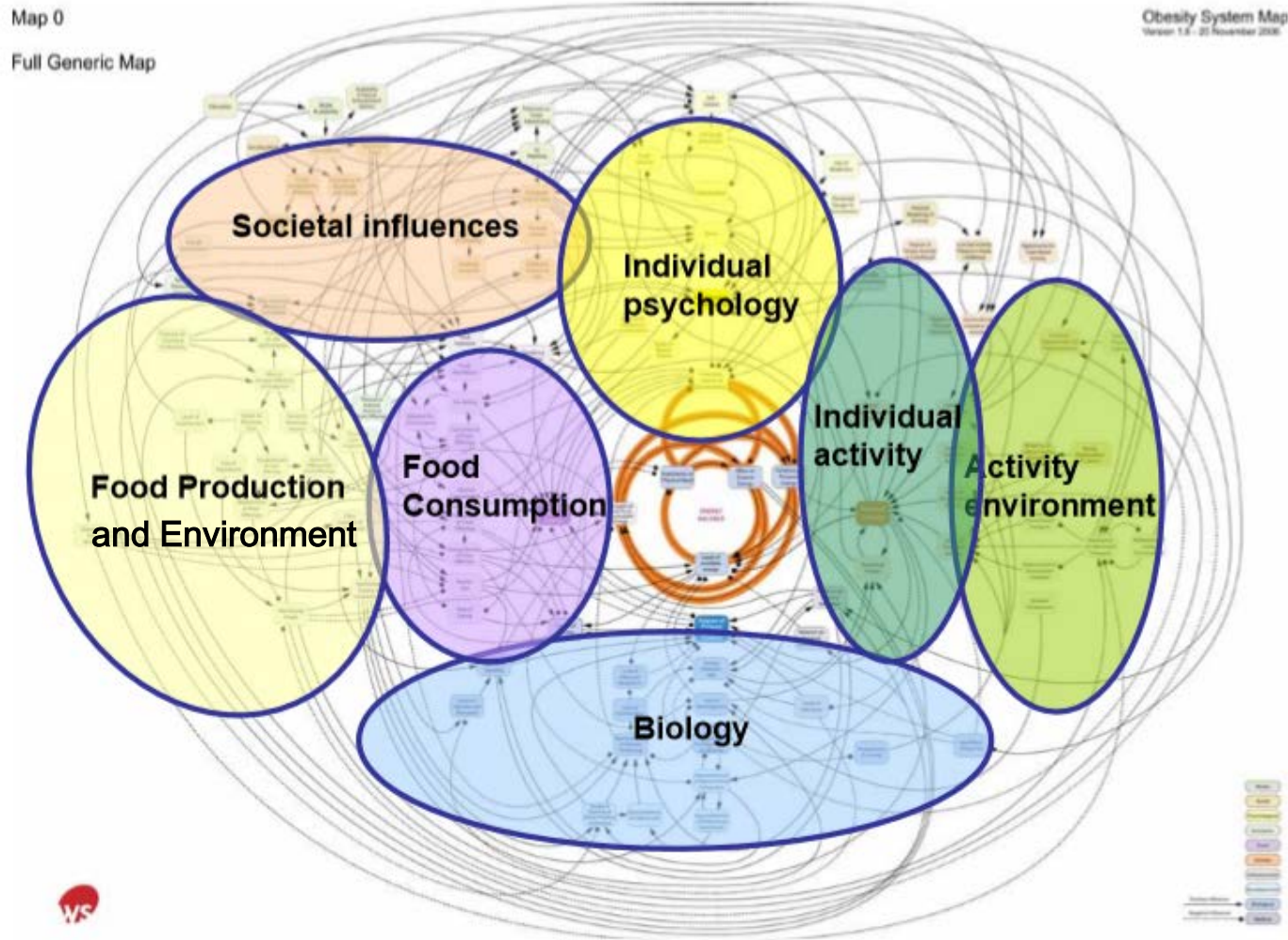
...from next month Vitamin D supplements will be provided to 2M extremely vulnerable people and care home residents



*Some studies suggest vitamin D supplements could have a positive impact for people suffering with Covid-19*

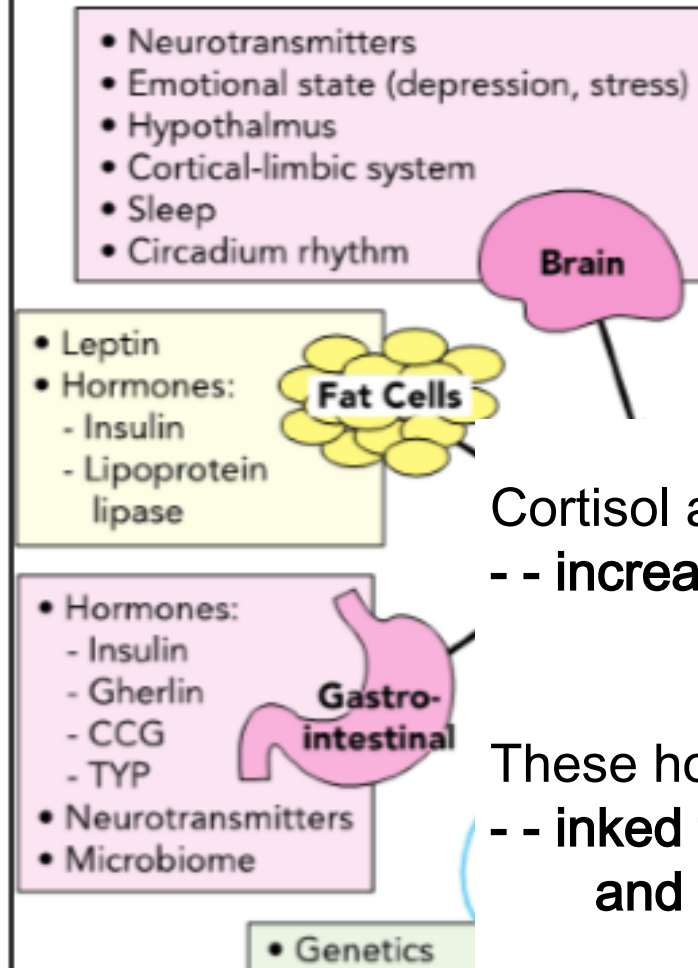


# Numerous Factors Influence Eating and Activity Choices



# Complex Appetite & Eating Drivers & Influences

## Internal Influences & Causes



Cortisol and leptin levels are  
- - increase during periods of stress.

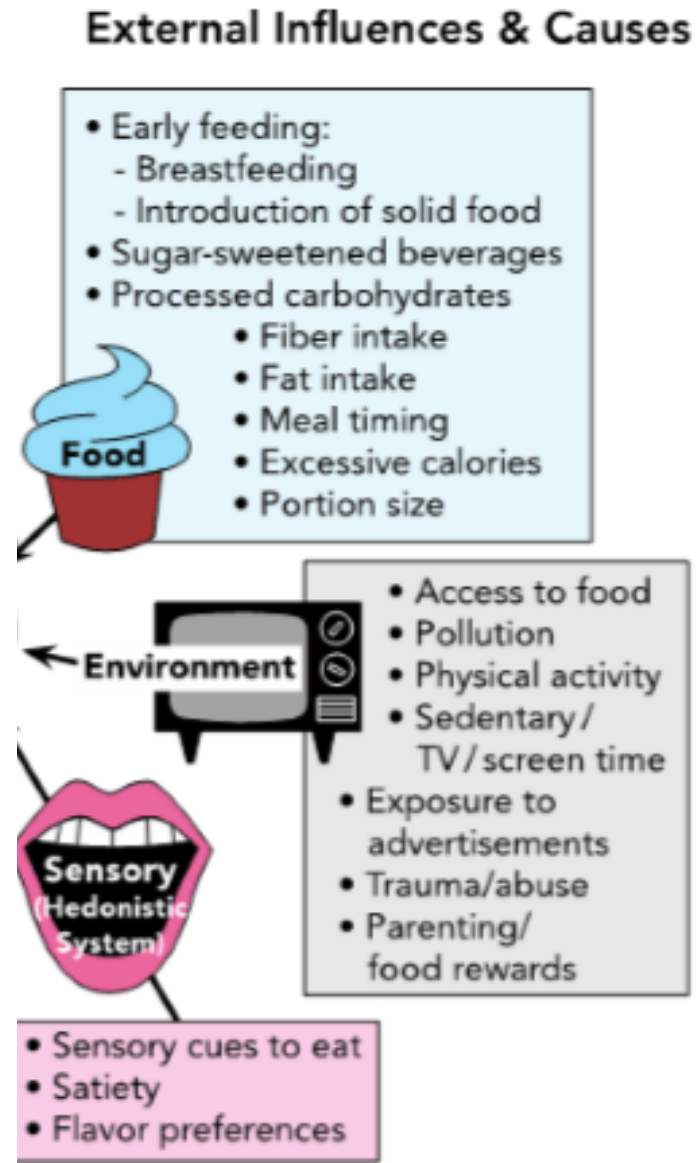
These hormones are  
- - inked to cravings for sweet foods  
and overeating.



# Complex Appetite, Eating Drivers and Influences

Consuming high sugar/fat foods stimulates reward centres in the brain and

- - triggers the release of endorphins, the 'feel good' hormone which makes you feel better instantly.



# Quarantine and Social Isolation: Coping in the age of Covid-19

European Journal of Clinical Nutrition  
https://doi.org/10.1038/s41430-020-0635-2

## PERSPECTIVE



### Nutritional recommendations for CoVID-19 quarantine

Giovanna Muscogiuri<sup>1,2</sup> · Luigi Barrea<sup>3,2</sup> · Silvia Savastano<sup>1,2</sup> · Annamaria Colao<sup>1,2,3</sup>

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© Springer Nature Limited 2020

The world is currently experiencing the pandemic of coronavirus (CoV). In late 2019, the CoV infection began in Wuhan, Hubei, China. It had been originally called 2019 nCoV and it has been renamed CoVID-19 by the World Health Organization on February 2020.

This epidemic began with animal-to-human infection, and the direct cause of death is generally due to ensuing severe atypical pneumonia. CoVID-19 has now been declared a pandemic by the World Health Organization, and people in all countries are under quarantine in order to reduce the spread of the virus, which then also lessens the impact on medical resources. Since quarantine is associated to the interruption of the work routine, this could be result in boredom. Boredom has been associated with a greater energy intake, as well as the intakes of fats, carbohydrates,

quarantine continuously becomes a pandemic without a break can be stressful. Consequently, the stress pushes people toward overeating, mostly looking for sugary “comfort foods” [2]. This desire to consume a specific kind of food is defined as “food craving”, which is a multidimensional concept including emotional (intense desire to eat), behavioral (seeking food), cognitive (thoughts about food), and physiological (salivation) processes [3]. Of interest, a gender difference has been reported in food craving, with a higher prevalence in women than in men. Carbohydrate craving encourages serotonin production that in turn has a positive effect on mood. In a sense,

carbohydrate-rich foods can be a way of self-medicating anti stress. The effect of carbohydrate craving on low mood is proportional to the glycemic index of foods. This unhealthy nutritional habit could increase the risk of developing obesity that beyond being a chronic state of inflammation, it is often complicated by heart disease, diabetes, and lung disease that have been demonstrated to increase the risk for more serious complications of CoVID-19 [4]. Quarantine-related stress also results in sleep disturbances that in turn further worsen the stress and increase food intake thus giving rise to a dangerous vicious cycle. Therefore, it is important to consume food containing or promoting the synthesis of serotonin and melatonin at dinner. A considerable variety of plant species including roots, leaves, seeds, bananas, cherries, and serotonin. These foods may be a precursor of serotonin and melatonin. Protein foods such as milk and milk products are the main sources of the sleep-inducing amino acid tryptophan. Moreover, tryptophan is involved in the regulation of satiety and caloric intake via serotonin that mainly lowers carbohydrate and fat intake, and inhibits neuropeptide Y, the most powerful hypothalamic orexigen peptides [5]. Further, beyond sleep-inducing properties, milk products such as yogurt could also augmented natural killer cell activity and reduce the risk of respiratory infections [6]. During quarantine the increased intake of macronutrients could also be accompanied by micronutrients deficiency as occurs in obesity [7], which is commonly associated with impaired immune responses, particularly cell-mediated immunity, phagocyte function, cytokine production, secretory antibody response, antibody affinity, and the complement system, thus making more susceptible to viral infections [8]. Thus, during this time it is important to take care of nutritional habits, following a healthy and balanced nutritional pattern containing a high amount of minerals, antioxidants, and vitamins. Several studies reported that fruits and vegetables supplying micronutrients can boost immune function. This happens because some of

EJCN April 2020

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...interruption of work or routine  
....**Boredom**...associated with greater energy intake, (consumption of higher quantities of fats, carbohydrates and protein)

...continuous hearing about pandemic without a break....  
**Stressful** .....pushes people towards overeating "comfort foods"

...quarantine related stress also results in....**Sleep Disturbances**  
....worsens stress and increases food intake



# Covid Lockdown Fuels UK's Appetite for Takeaways



**Just Eat Takeaway home delivery UK food sales surge 43% as Covid-19 boosts demand**

Company faces stiff competition from Deliveroo and Uber Eats



## Domino's offers 5,000 new jobs as customers boost deliveries

By Telegraph Reporters

DOMINO'S Pizza has said it is creating 5,000 jobs as it benefits from the Covid-19 pandemic and households turn to its deliveries in droves.

Bosses said they would also create 1,000 apprenticeship positions under the Government's Kickstart scheme, with "ambitious individuals" given the opportunity to apply for permanent roles following a six-month placement.

The new positions will include pizza chefs, customer service workers and delivery drivers, and are on top of the 6,000 jobs Domino's said it has created since the start of the pandemic.

Chief executive Dominic Paul said: "It was a privilege to keep our stores open during Covid-19 and to now be in a position to offer thousands more people the opportunity to become a Domino's team member. We're also delighted to have applied to support the Government's Kickstart scheme, offering

## Cream tea deliveries help to perk up households

750pc

The increase in cream tea deliveries according to analysis of data from Google Trends since lockdown began



**Liquorice comfort** The world's oldest sweet shop in Nidderdale, North Yorks. has seen sales boom during the Covid pandemic, with the owners saying people's need of a little sanctuary is the cause.

...popularity may be to do with a wish for 'home comforts'





# Which countries have gained the most weight in lockdown?

Almost half of Brits report piling on pounds since March

... in the UK, 47% of Brits say they have put on weight since lockdown began in March, “with more than 16% gaining 2.2kg (5lbs) or more in the first six weeks”

..July 2020, government’s new plan ‘[Better Health](#)’ campaign, which involves a ..... ‘to help start healthier eating habits, be more active

# Grocery Shopping Behaviours – June 2020



Public Health  
England

Protecting and improving the nation's health

## Impact of COVID-19 pandemic on grocery shopping behaviours

Published November 2020

Volume sales of all nutrients have increased

- saturated fat and total fat - up 15%
- calories – up 13.7%
- sodium – up 13.8%
- sugar – 11.5%

- alcohol volume sales – up 27.6%
- home cooking, savoury - up 26.2%
- home cooking, sweet – up 23.5%
- snacks - up 21.1%
- frozen confectionery - up 17.8%)
- take home confectionery - 10.2%



# Returning to Healthy Eating



# Managing Health Eating During Covid-19

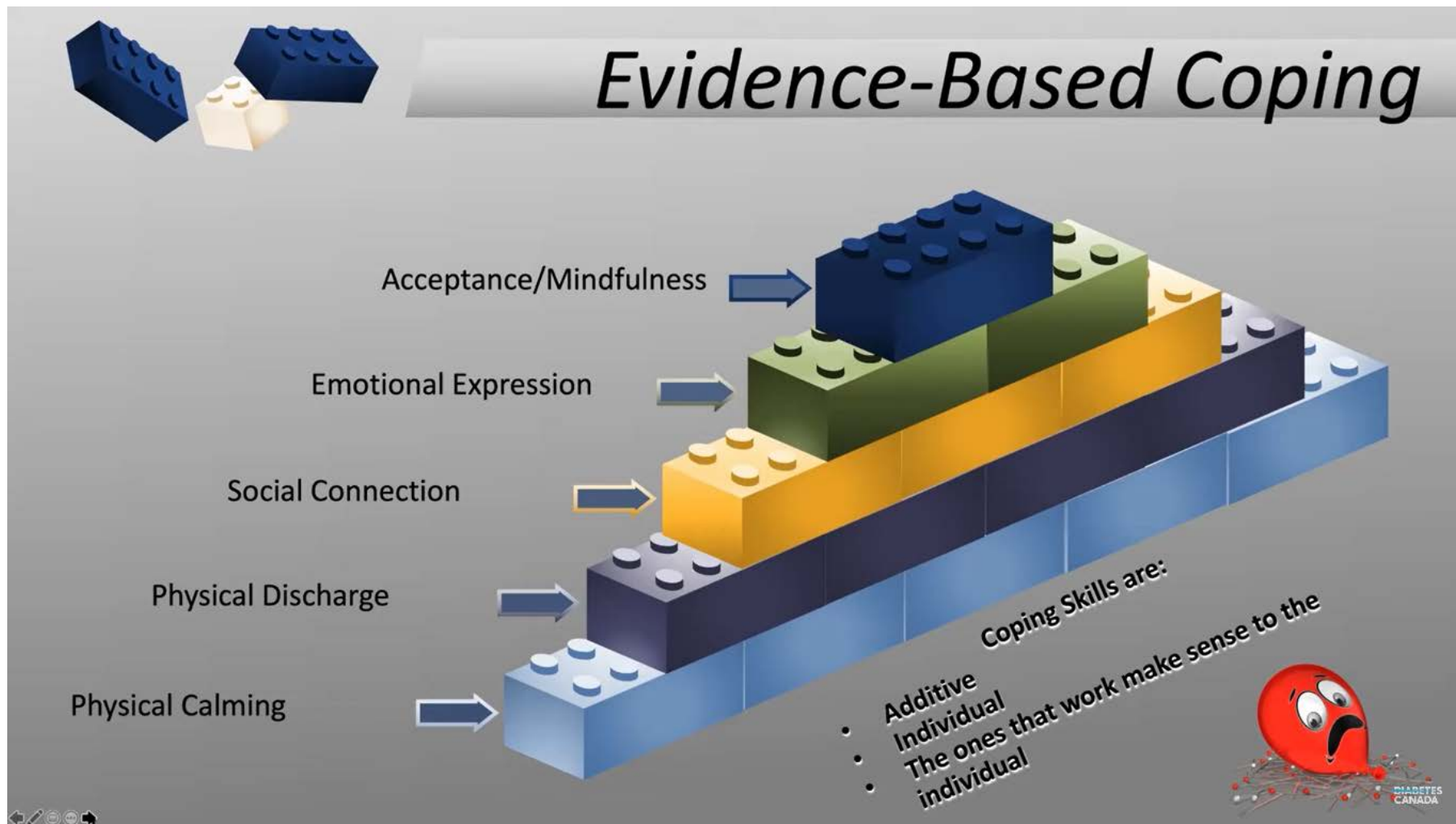


## What's in your Control & Where to Start

- Make a list of reasons for healthy eating
- Stock fridge with healthy foods and snacks
- Create an eating schedule
- Eat in one location
- Put excess food away prior to eating
- Consider removing tempting food from house
- Change your drink or have a hot drink
- Explore some new recipes, meal kits
- Slow down your eating
- Explore portion control strategies
- Limit alcohol
- Enjoy food and plan treats



# Managing Stress and Boredom During Covid-19



➤ Identify a non-food hobby/interest (e.g. photography, jigsaws, online course)

➤ What are you always saying you wished you had time to do????????

# Creating a Toolbox of Skills and Resources During Covid-19



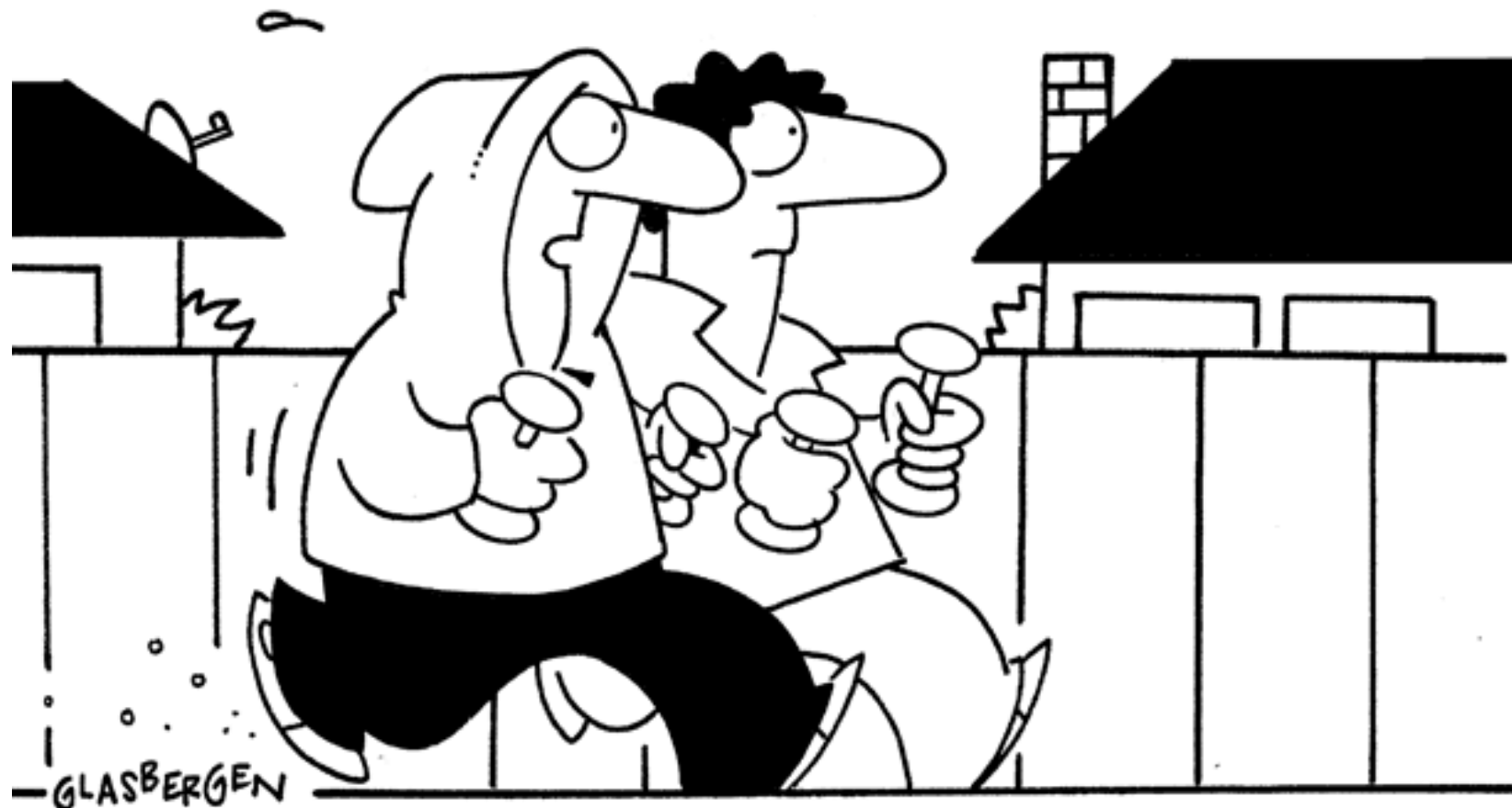
## Learn and Use Delegation Skills

(Delegation can help increase accountability)

- ✓ Set alarms to drink water or eat a meal
- ✓ Use activity trackers to record your activity, exercise
- ✓ Agree some healthy eating options for social occasions
- ✓ Involve family, friends in scheduled walks and exercise
- ✓ Identify good problem-solving friends, work colleagues
- ✓ Use reminders:
  - to practice relaxation techniques
  - for an online exercise classes
  - turn off electronics
  - eat more slowly







**“It’s time to get serious about losing weight. Today I filed  
a restraining order against the pizza delivery guy.”**

# Creating a Toolbox of Skills and Resources During Covid-19

## NHS Healthy Living Apps



### [Changing Health](#)

Lose weight, eat better and move more with this lifestyle coaching programme

Free, but requires GP referral



### [EXi](#)

EXi is a personalised 12-week exercise programme based on your own health needs

Free



### [Liva UK](#)

Manage conditions like diabetes, heart problems and obesity, and find support you can trust

Free

## NHS Mental Health Apps



### [BlueIce](#)

This app helps young people manage their emotions and reduce urges to self-harm

Free



### [Calm Harm](#)

Reduce urges to self-harm and manage emotions in a more positive way

Free



### [Catch It](#)

Learn to manage negative thoughts and look at problems differently

Free



### [Chill Panda](#)

Being tested in the NHS



## COVID-19 and nutrition



### BNF supports Government advice to consider taking vitamin D supplements

22nd April 2020 BNF supports Government advice to consider taking vitamin D supplements through spring and summer while under lockdown. With many people experiencing reduced access to sunlight while staying at home, Public Health England (PHE) has...

[View More >](#)

### Lockdown Learning

9 April 2020 BNF has a number of webinars and talks recorded that may be of interest to those working in or studying nutrition or those with a passion for nutrition science. Online training Why not take a look at our online training courses covering a...

[View More >](#)

### Top tips for healthy, hassle free meals while staying at home

3 April 2020 With the majority of adults and children across the UK now staying at home, we're having all of our meals and snacks in the house instead of at work, school or out and about. Many of us might be feeling like we're running out of ideas for...

[View More >](#)

### Weekly Meal Planner

2 April 2020 Download your blank Weekly Meal Planner below to help you plan your breakfasts, lunches, evening meals and snacks for the week.

[View More >](#)

### Coronavirus outbreak: healthy meals from limited ingredients

19 March 2020 With the coronavirus outbreak dominating our lives at the moment, one of the issues we face is that some foods we would normally buy like pasta or canned tomatoes are not always available when we go shopping. Below are some ideas about...

# Take home toolkit





# 3 point plan

- ▶ Regular meals
- ▶ Balance meals
- ▶ Low calorie fluids – read the labels
- ▶ Consistency is king

# How to eat well – the ratio of 3rds





# Balanced meals





## Suggested online links to: menu planners, eating on a budget, cooking skills, seasonal eating.

- ▶ <https://skintdad.co.uk/uk-meal-planning-apps/>
- ▶ <https://skintdad.co.uk/25-healthy-meal-plan/>
- ▶ <https://www.nhs.uk/change4life/recipes>
- ▶ <https://www.nhs.uk/oneyou/for-your-body/eat-better/>
- ▶ <https://www.bbcgoodfood.com/recipes/collection/5-minute-meal-recipes>
- ▶ <https://www.jamieoliver.com/recipes/category/books/jamies-15-minute-meals/>
- ▶ <https://www.bbcgoodfood.com/howto/guide/25-skills-every-cook-should-know>
- ▶ <https://www.cookinglight.com/cooking-101/12-cooking-skills-every-young-adult-should-learn>
- ▶ <https://www.thespruceeats.com/cooking-basics-for-everyone-4684010>
- ▶ <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/cooking-skills/store-cupboard-meals/sixteen-store-cupboard-staples>
- ▶ <https://www.bbcgoodfood.com/howto/guide/top-10-healthy-storecupboard-recipes>
- ▶ <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/cooking-skills>
- ▶ <https://www.bbcgoodfood.com/howto/guide/top-10-storecupboard-recipes>
- ▶ <https://www.bbcgoodfood.com/recipes/category/all-seasonal>
- ▶ <https://realfood.tesco.com/meal-planner.html>
- ▶ <https://www.bda.uk.com/resource/healthy-eating.html>