

EWG'S GUIDE TO EATING HEALTHY DURING A PANDEMIC



During a pandemic, it's crucial to support your immune system by eating healthy. But to reduce your potential exposure, it's important to take advantage of delivery or curbside pick-up options. **Here are some tips from EWG to help you choose the healthiest options for you and your family while you're sheltering at home:**

FRUITS AND VEGETABLES



GO WITH FROZEN FRUITS AND VEGGIES, IF POSSIBLE, TO GET THE MOST NUTRITIONAL BANG FOR YOUR BUCK.

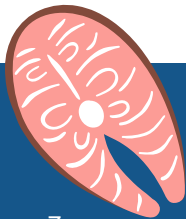
FROZEN GREEN BEANS are half the cost of fresh and retain more vitamin A and C than other frozen vegetables.

FROZEN ORGANIC FRUITS, like whole strawberries or blackberries, are superior to dehydrated berries, which can lose up to half of their original vitamin C.

REMEMBER TO THAW FROZEN FRUITS OR VEGETABLES IN THE FRIDGE to retain their nutrients and transfer leftovers to an airtight container.

When it comes to fresh fruits or vegetables, **MAKE SURE TO WASH ALL PRODUCE** by running it under the faucet and use clean hands to rub off any soil or dirt.

FISH



FISH ARE A GREAT OPTION, since the omega-3 fats found in fish may promote some immune functions.

CHOOSE FROZEN FISH OVER CANNED, since it can be contaminated with BPA.

Choose fish that are high in omega-3 fatty acids and low in mercury, like wild salmon, sardines and mussels.

LEARN MORE AT:
www.ewg.org/research/ewgs-good-seafood-guide

BEANS, NUTS AND SEEDS

DRIED BEANS AND ROASTED NUTS AND SEEDS ARE GREAT SHELF-STABLE PROTEINS.

Raw nuts and seeds can help support a robust immune system, but **MAKE SURE TO STORE THEM IN THE FRIDGE OR FREEZE** to preserve their healthy fats.



MEAT AND DAIRY

CHOOSE MEAT RAISED WITHOUT UNNECESSARY ANTIBIOTICS to reduce your risk of a resistant bacterial infection during the pandemic.

LOOK FOR MEAT THAT CARRIES ONE OF EWG'S MOST RELIABLE CERTIFICATIONS, including USDA Organic and Certified Humane.

CHECK OUT THE FULL LIST HERE:
www.ewg.org/research/labeldecoder/

LIMIT YOUR CONSUMPTION OF MEAT, SINCE SOME VARIETIES ARE HIGH IN UNHEALTHY FATS AND GENERATE GREENHOUSE GASES. TRY SWITCHING TO FISH, NUTS OR BEANS INSTEAD.



PACKAGED FOODS

WATCH FOR ADDED SUGAR IN KIDS' CEREALS.

A single cup may contain more than a Twinkie!

CHECK OUT EWG'S FOOD SCORES OR HEALTHY LIVING APP TO FIND HEALTHIER PACKAGED FOODS

without concerning food additives or contaminants.

TIPS FOR SHOPPING SAFELY:

PLEASE DON'T HOARD; PURCHASE ONLY WHAT YOU NEED TO EAT FOR THE WEEK.

ASK YOUR DELIVERY PERSON TO LEAVE THE GROCERIES OUTSIDE YOUR DOOR or choose contactless delivery of groceries, if available.

AFTER PICKING UP YOUR GROCERIES OR BRINGING YOUR DELIVERY INSIDE, WASH YOUR HANDS IMMEDIATELY AND AVOID TOUCHING YOUR FACE.

The Centers for Disease Control and Prevention recommends washing your hands with soap and water for at least 20 seconds.



Please consult your doctor if you are experiencing symptoms of COVID-19. This material is for general informational purposes only and is not intended as a substitute for professional medical advice.

