How to Eat Healthy Staying at Home

While at home during this time it is important to maintain a balanced diet, which includes eating healthy snacks being mindful of portion sizes. Below you will find snack ideas that are both nutritious and very filling.

Mixed Nuts: Are ideal snacks because they are linked to reducing the risk for heart disease and may help prevent certain cancers.

Apple slices with peanut butter: Apples and peanut butter taste wonderful together.

Celery sticks with a low carb filling: Celery and cream cheese are a classic low – carb, low calorie filling snack.

A piece of fruit: Healthy snacks do not need to be complicated. Just a single piece of fruit can be satisfying.

Cherry tomatoes with mozzarella: Tomatoes and mozzarella taste delicious together.

Dark chocolate and almonds: This is a rich snack that is satisfying, keeping moderation in mind.

Red bell pepper with guacamole: Red bell peppers are extremely healthy, they are also rich in vitamin C.

Baby carrots with blue cheese dressing: Carrots are among the best sources of carotenoids, including beta carotene, which your body can convert into vitamin A.

For more information and other great ideas on healthy snacks visit healthline
https://www.healthline.com/nutrition/29-healthy-snacks-for-weight-loss#section6

Movement is also important during this time physical distancing, refer to the DSU Wellness and Recreation site for tips on how to keep moving.