



Healthy eating while working from home

With millions of people at home right now because of the current health crisis, many are working from home. Because of this, many people are looking for ways to eat healthily while they're working from home. Fortunately, there are a number of things you can do to eat healthily during this time.

When it comes to whipping up quick and comforting meals, pantry staples are your friend. These are the items you keep stashed in the back of your pantry for off-the-cuff cooking, and they're items that will come in handy when cooking more at home. With a little bit of creativity, you can turn these staple ingredients into complete meals that are comforting, filling and delicious. Pantry staples include:

- Rice
- Quinoa
- Pasta
- Oats
- Beans
- Nuts
- Nut butters
- Dried fruit
- Canned fruits
- Canned vegetables
- Pickled vegetables
- Canned fish
- Stock and broth
- Heart-healthy cooking oils
- Spices and herbs



Visit ahealthiermichigan.org for a variety of recipes you can make with things you may already have in your pantry, including Apple Pie Overnight Oats, Slow Cooker Mediterranean Chili, Red Bean and Quinoa Salad, and Wild Rice Mushroom Bake.

Here are some other nutritious ideas:

- Include probiotic-rich foods to support gut health and boost immunity. These foods include yogurt, kefir, kombucha and pickled vegetables.
- Include vitamin C-rich foods, such as broccoli, cauliflower, Brussels sprouts, cantaloupe, kiwi, oranges and bell peppers.
- Pay attention to the timing of meals and snacks. Avoid overeating because of your emotions, and stay in tune with hunger vs. satiety. Make a list of other things you can do instead of going to the kitchen.
- Stay hydrated.

Sources: ahealthiermichigan.org, healthine.com*, eatright.org*

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control these websites.