

Nutrition & Grocery Shopping Tips

Grocery shopping just got a whole lot more complicated.

Stores are sold out of a lot of supplies, we are practicing social distancing, and we are so busy working it can be hard to find time to go to the store. **Here are some home delivery options that may be available to you:**



Instacart: When you use Instacart, you can shop a variety of stores like Wegmans, ACME, BJ's, ALDI, Costco, Sam's Club, The Fresh Market, Weavers Way Co-op, and more, and have it delivered right to your

home. Just be aware you are paying a little extra for convenience, as some of the products are marked up (for example, if chicken breast is normally \$1.99/lb. at a store, they may mark it up to \$2.09).



Peapod/Giant Direct: Offers pick-up at the store and home delivery. Can use digital coupons, and there are some delivery times where you may receive a discount (Usually anywhere from \$1-5 off your purchase).



ShopRite From Home: Offers pick-up at the store or delivery to your door (delivery where available). There is no shopping minimum, and you can use digital coupons!



Whole Foods: Offers home delivery and you can order right through your Amazon App! When in the Amazon App, look at the top left-hand side for "Whole Foods" to shop the store. Amazon Prime members receive additional savings!

Check out this helpful video to help you safely food shop (or order takeout) food during the stay-at-home shutdown:

<https://www.youtube.com/watch?v=sjDuwc9KBps&feature=youtu.be>

For more resources visit EinsteinLiveWell.com, click Programs, then click Caring for the Caregiver



Maintaining a healthy diet is important for many reasons, but it is especially vital to your immune system.

Below are tips from Einstein's Registered Dietitian, Megan Carrier:

Nutrition Tips for Those at Home:

- Make sure to include a vegetable twice a day, particularly dark, leafy greens. Peas, corn, and potatoes don't count, because they break down in the body like bread and pasta
- Stick to unsweetened beverages like water and unsweetened tea. Diet drinks should be avoided, too
- Balance your meals with a protein, vegetable, and carbohydrate. This prevents dramatic spikes and dips in blood sugars, and keeps us fuller longer, which prevents snacking between meals
- Set a schedule for yourself, including meals, to prevent grazing
- Include some form of activity daily

Nutrition Tips for Those on the Front Lines:

- Hydrate with water. Avoid sweetened and diet beverages
- Avoid junk food. Refined carbohydrates cause dramatic spikes in blood sugars, impair the immune system, and cause you to eat more frequently (think stress eating)
- Take snacks like fruit, nut/nut butters, hard boiled eggs, cheese sticks, and raw vegetables plus a dip like hummus. These can also be used as meal replacements
- If you need caffeine, stick to black coffee or unsweetened tea
- If you must eat or order take-out, try to add a health component like microwaving a bag of vegetables

To schedule a telephonic nutrition counseling with Megan, e-mail CarrierM@einstein.edu.