

HEALTHY AT HOME

Eat more mindfully using these principles of Intuitive Eating:

- Reject the diet mentality – say no to fad diets
- Honor your hunger – feed your body nourishing foods
- Make peace with food – it is not the enemy
- Discover the satisfaction factor – experience food, take your time eating and enjoy
- Respect your fullness – listen to your body's signals
- Find other ways to comfort yourself (phone a friend, engage in a hobby)



What foods are rich in nutrients? Produce—fruits and vegetables (preferably leafy greens). Fresh is always best but frozen or even canned are great too. Zinc is a mineral with anti-viral properties and has been shown to inhibit the replication of coronaviruses such as COVID-19 in cells.



EATING FOR HEALTH EDITION

**CHECK OUT OUR
TASTE THE RAINBOW
CHALLENGE**


AssuredPartners

While there is no single food that can cure or prevent disease, malnutrition (lack of vitamins, minerals and micro-nutrients) can impair your immune defense.

Can you boost your immune system with foods? YES! The same foods that will help you lose weight, feel healthy and look great are the same foods that will aid your body against toxic pathogens.