

Tips for Eating Intuitively

✧ WHILE STUDYING AT HOME ✧

- Build a daily food routine. Your schedule might be looking very different at home than it was on campus, and giving yourself as much structure as you can will help you maintain some sense of normalcy and remember to eat, every ~2-4 hours.
- Choose foods that YOU want, not foods that you think you "should have." Whether fresh, frozen, canned, or packaged, it is still all food, and the top nutrition priority is getting enough to eat. Diet Culture will likely continue to shape shift, so be aware and create that space from it.
- If you are able to shop safely, stock up on a variety of foods. Having options will allow you to be flexible with your eating and choose what will satisfy you at a particular moment.
- If you are limited in some of your options, find ways to be creative with what you have on hand to help with food boredom. You can follow @uncsportsnutrition on Instagram for recipes and food ideas.
- If you are home or staying with friends, take turns preparing meals. That way you can make sure you're eating what you like and maybe even introduce them to a new food at the same time.
- Look up restaurants in your area that are participating in takeout or curbside delivery when you get tired of cooking at home. If possible, consider ordering enough to have leftovers for the next day!
- If you are able, get outside. Go for a walk, or find other ways to move your body that are enjoyable and safe.
 - Stay in contact with your friends and classmates from school. Schedule a time to eat lunch (virtually) with a friend or family member.
- Continue to check in with your body. Take this time to practice self-care, interoceptive awareness, and meet your physical, emotional, mental, intellectual and social needs.