

# COMFORT FOODS

## Feel Good and Stay Healthy

During times of crisis and [grief](#), we often seek out our favorite comfort foods. These foods make us feel calm which can be [helpful in the time of stress](#). It is okay to feel like your eating patterns and cravings are a bit wacky right now. “[Stress eating](#)” may be happening more often now, and it’s important to acknowledge it gently with a dose of self care. Keep [self compassion](#) and self care a priority. This is not a time for passing judgement on others or yourself. A healthy eating plan right now includes nutrient rich foods and comfort favorites plus large helpings of self compassion, and lots of hand washing.

### **FEEL GOOD FOOD**

**Foods high in complex carbohydrates and fat to increase sense of calm**

<b>Snacks &amp; No/Low Cook Comfort Foods:</b> <ul style="list-style-type: none"><li>• Trail mix w/dry fruit &amp; chocolate</li><li>• Dark chocolate</li><li>• <a href="#">Granola bar</a></li><li>• Popcorn &amp; Brown rice cakes</li><li>• Whole Wheat sandwich with peanut butter or sunflower seed butter</li><li>• Whole grain chips/crackers with dip (hummus, cheese, guacamole)</li><li>• Oatmeal or other whole grain cereal</li><li>• Quesadilla on corn or whole wheat tortilla</li><li>• Fresh, canned, frozen or dried fruits like banana, dates, pineapple, kiwi, plums, avocado</li><li>• Fresh, canned, or frozen starchy vegetables like sweet potatoes and corn</li><li>• Hot tea: herbal, black, green</li><li>• <a href="#">Smoothies</a> made with oats, greek yogurt, avocado, or fruit</li><li>• Milk and cheese</li></ul>	<b>Healthy Comfort Food Recipes:</b> <ul style="list-style-type: none"><li>• <a href="#">Muffin</a> (Use <a href="#">whole wheat pastry flour</a> to boost nutrition)</li><li>• Almond and dried fruit <a href="#">Granola</a></li><li>• <a href="#">Peruvian Style Cornbread Casserole</a></li><li>• Easy <a href="#">Chicken Pot Pie</a></li><li>• <a href="#">Macaroni and Cheese</a></li><li>• <a href="#">Vegan</a> friendly recipes</li><li>• Improved <a href="#">Macaroni and Cheese</a></li><li>• Desserts using <a href="#">flaxmeal</a> (good fat)</li><li>• <a href="#">Chamomile Chocolate Chip Cookies</a></li><li>• <a href="#">Strawberry Rhubarb Crisp</a> or any fruit dessert with oats</li><li>• <a href="#">Thanksgiving favorites</a></li><li>• <a href="#">Diabetes friendly</a> comfort foods</li><li>• Tips for people with <a href="#">diabetes</a></li><li>• Still have a can of pumpkin in your cupboard? Pumpkin is a mood booster! Check out these <a href="#">recipes using canned pumpkin</a>. Swap 1 can of pumpkin for eggs and butter in a cake recipe.</li></ul>
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DISCLAIMER: Julie Engberg, RD does not endorse nor is she supported by the online resources listed, nor guarantee the completeness of the information contained therein. These recommendations do not serve or replace medical advice.

Contact your primary care provider for specific concerns.

Julie Engberg, RDN Registered Dietitian Nutritionist

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### FEEL MORE ENERGETIC

Foods high in quality protein to increase alertness, focus and concentration

#### Snacks & No/Low Cook Comfort Foods:

- Nuts and seeds
- Hard boiled eggs
- Beef/turkey/salmon jerky
- Cheese sticks
- Greek yogurt & cottage cheese
- Milk & Soy Milk
- Tofu & edamame
- Canned soups (limit sodium)
- Canned beans (rinse)
- Chili
- Canned meats
- Canned [fish](#) (tuna, salmon, sardines)
- [No Cook recipes](#)

#### Healthy Comfort Food Recipes:

- [Eating Well](#) including a [7 day meal plan](#) for comfort foods made healthier
- Healthier [take-out options](#).
- [Ellie Krieger's comfort food](#) (also find her cooking show on [local TV channels](#))
- Cleaning out your pantry? On a budget? Check out [Good and Cheap - Eating well on \\$4 a day](#) [English](#) or [Spanish](#) recipe book online for feel good recipes using commonly found ingredients.
- [Slow Cook](#) comfort food favorites
- **Instant Pot** beginner? If you are thinking about using an Instant Pot for the first time, try these [tips](#).
- [Eatfresh.org](#) has simple recipes in English and Spanish, including crock pot, kid friendly recipes.
- [Diabetes](#) friendly recipes

#### Other Healthy tips

- Beginning cooking lessons are plentiful online via [youtube](#), [pinterest](#), [eatingwell](#), etc.
- Cook in [large batches](#) - cook once, eat twice (or more) - saves time, money, and resources. Refrigerate leftovers and eat leftovers within 4 days, or freeze.
- Don't have the ingredient at home? Check this food [substitution list](#) or this list of most [common ingredient substitutions](#) for ideas of what to use instead.
- Meal plan and prep- write out the meals you want for the week and then write out a grocery list from that. There are free [apps](#) that will help you do this.
- Remember food safety guidelines while cooking: [Clean, Separate, Cook, Chill](#)
- Move your body as you feel comfortable. Exercise increases endorphins. Endorphins are another feel good chemical in our brain.
- Keep self compassion and self care a priority. This is not a time for passing judgement on others or yourself.

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