

Defensive Eating: Tips to Strengthen Your Immunity

*It's more than
just the food!*



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@theplatecoach

Right now...

**uncertainty, lack of control
& stress are
100% guaranteed**

Cut yourself some slack.

**Self-compassion is
key right now.**

Help!

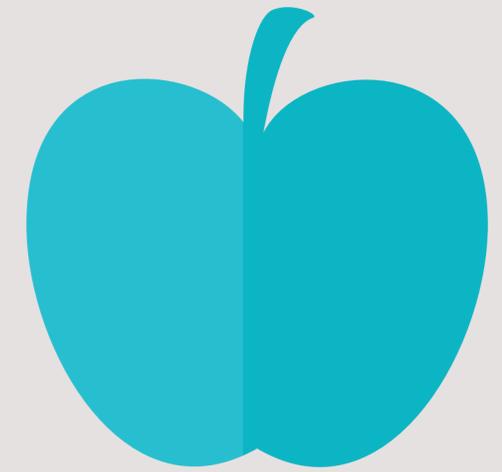
**How can I strengthen my
immune system?**

**"We know most & know it
best when all sources of
genuine insight are
conjoined.**

Sense plus science."

How To Eat by Mark
Bittman & David L. Katz

Here's what
you can do...



Food First: Ideal

Balanced eating pattern w/ colorful fruits & vegetables, protein, healthy fats & fluids at meals.

Nourishment & pleasure!

Standard multivitamin/mineral is reasonable. Supplements as a back-up plan.

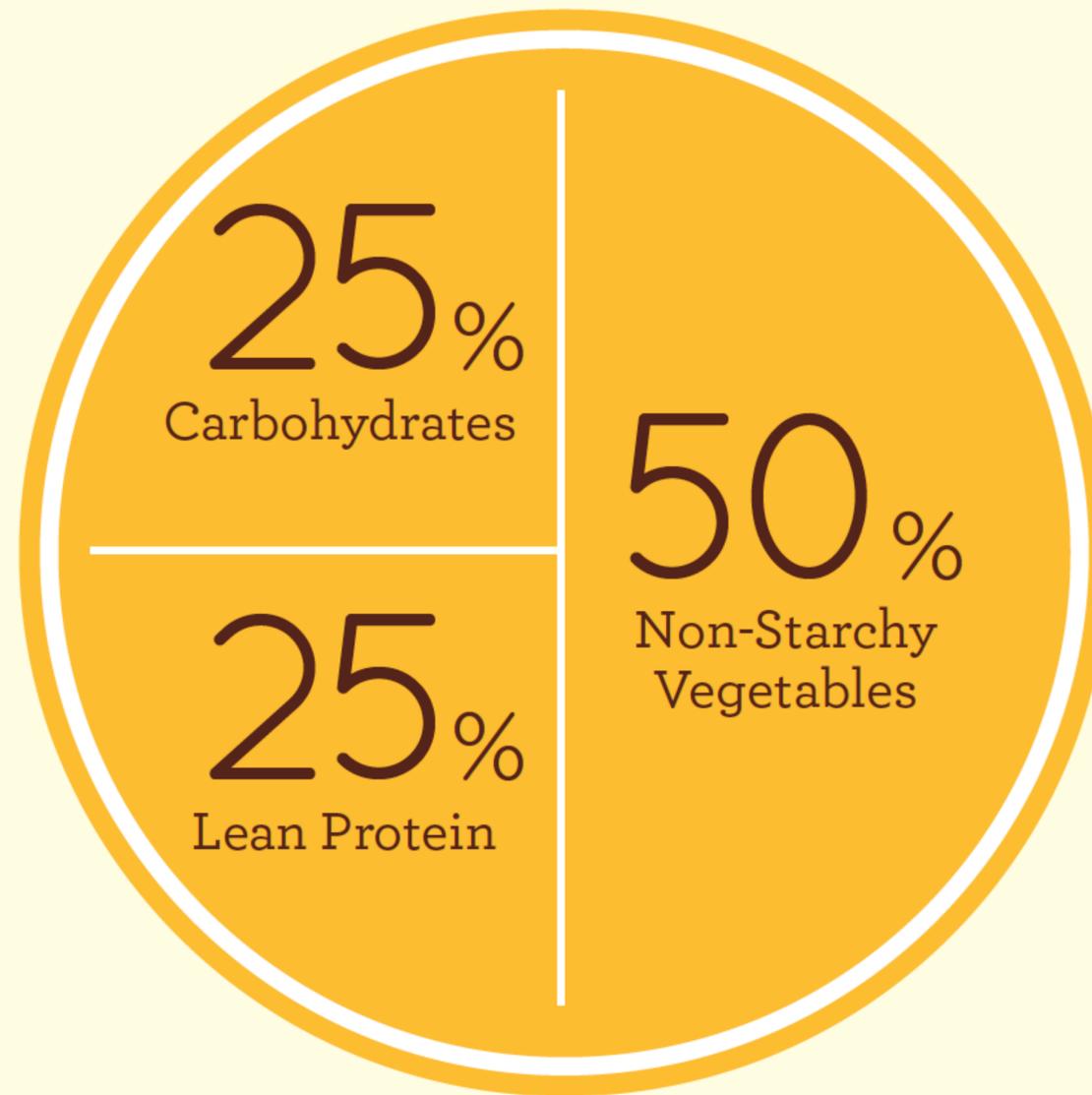


Think 5.
Every nutrient.
Every meal.



Powerful Plates

Healthy Weight



Here's what
you can do...



Food First: Ideal

Supplements as a back-up BUT...

Daily VITAMIN D3 makes sense.

**Hard to get enough Vit D
from food sources & sunlight.**



2000-5000 IU/day

Here's what
you can do...

Food First: Ideal



Yours vs. Theirs

Intuitive vs. Dieting

Awareness vs. Restriction



Here's what
you can do...

Food First: Reality

EAT

~~**HEALTHY**~~

As best you can!

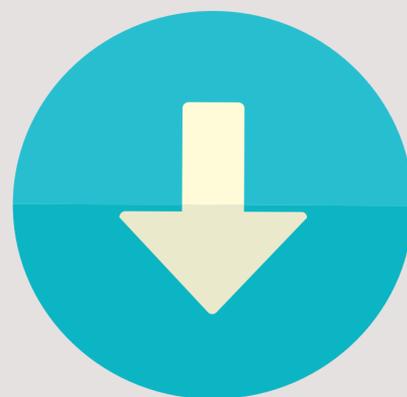
"DYB" Eating: Do Your Best
by @tabletalkcoach

Here's what
you can do...



Manage Your Stress

HIGH STRESS, MORE CORTISOL



HIGH CALORIE, HIGH SUGAR,
OVEREATING = temporary
dopamine "feel good" release,
then guilt & more stress

Here's what
you can do...

Manage Your Stress



Know your triggers

Control your breathing

Take time out

Create structure but be flexible

Lean into emotions. Try not to avoid them.

Can't avoid stress but you can
improve your response to it.

Find what works for YOU. There's no right answer.



Here's what
you can do...

Avoid excess alcohol

If you drink alcohol, moderation is key.
One drink per day for women &
two drinks per day for men.



Here's what
you can do...



Exercise, Stretch, Recover & Relax

Do what you like (safely)!

**Balance movement with
recovery to help the body
repair & recharge.**

Here's what
you can do...



Improve Your Sleep

Aim for 8 hours. At least 6.

**Less screen time 30-60 minutes
before bed.**

"Just Five" lifestyle areas

"JUST FIVE"

Set **ONE** specific goal in each of the 5 lifestyle areas. Jot them down.

NOURISHMENT
Real Food & Drink.
Colorful. Tasty.

① Switch from raisin bagel at DD to half (open-faced) bagel with egg + cheese.



MOVEMENT
Exercise. Activity.
Stretching. Sweat.

② $\frac{1}{2}$ packet of sugar in coffee.

Stretching at work, 3 days/week.

STILLNESS
Sleep. Meditation.
Restoration.

Aim for 30 min extra sleep, 3 days/week.

SELF
Something for just you.

Nails, hair, etc. Pick one, do it!

OTHERS
Give back.
Community.
Relationships.
Kindness.

Send a Thank you note or hello card.



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"Make It
Better"



"Make It
Better"



"Make It Better"

This is as good as it gets!



"Make It Better"

Total: 640 calories—not totally terrible, but consider how little fish and veg you get. What you do get? *About half a loaf of white bread.*



=



"Make It Better"



a few resources

Free meals in NYC for all: text NYCFOOD to 877-877 & type in zip code

Hunter College NYC Food Policy Center (neighborhood food resource guides, updated weekly)
nycfoodpolicy.org

Harvard School of Public Health
hsph.harvard.edu/nutritionsource

Healthyish (recipes)
bonappetit.com/healthyish

ChopChopFamily (recipes)
chopchopfamily.org

Headspace (meditation)
headspace.com

InsightTimer (meditation)
insighttimer.com

thank you!



Stay safe.
Stay home.
Be kind.
Find support.
Slow down.
Do your best.

@theplatecoach
theplatecoach.com