



HENRY FORD
DEPARTMENT OF PEDIATRICS



HALT! Are you Actually Hungry?

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During quarantine, our constant access to food can make it hard to stick to previous healthy habits. Our kitchen is open 24/7 with the amazing commute time of 30 seconds to 1 minute! This sets us up perfectly for constant, often unneeded, grazing. One way to help limit the effects of this is to setup your kitchen to be supportive of your healthy habits.

If you have the time, prepare snacks at the beginning of the week. If foods are prepped, easy to grab and ready to eat, you will choose them first. For example, put those chips on a higher shelf (out of sight, out of mind) and cut up some cucumbers and peppers for the fridge-- maybe even prep some hummus to go with them. While you're at it, put the candy dish back in your pantry and replace it with a bowl of grapes or cut-up melon. The idea is, if you can't quite slow down on the grazing, maybe instead you can make it easy on yourself to get those nutrients your body has been craving!

In *Let's Get Healthy!* at Henry Ford we love to teach about HALT. It's a simple acronym used to help us assess whether it's time to open the fridge for a bite to eat or find a different activity instead.

H: Are you HUNGRY? Well, are you? Learn to trust your body. If the answer is yes, great! Go ahead and fill that body with delicious nutrients to keep you energized and healthy.

A: Are you ANGRY? Often our emotions can get the better of us. Stress and anger are known to be tied with an over-consumption of foods. Instead of finding comfort with foods that probably will not help fix your current situation, talk it out with someone you trust.

L: Are you LONLEY? Instead of searching for that last cookie, maybe you just crave some good conversation or a fun game night. Why not reach out to a friend or a family member to get some good social interaction in? While we may not be able to see each other in person, the internet is offering some great ways to connect with those we love.

T: Are you TIRED? At the end of a hard or stressful day, sometimes a good nap can fix many things, including cravings for foods we might not necessarily need. Of course, we want to make sure the amount of time we are choosing to sleep is healthy. If you find yourself overtired and taking too many naps, consider sharing with your primary care physician.

Try to make one or two changes this week to increase your health during this quarantine. Let us know what changes you made and how it made you feel!