



St Oswald's
Hospice

Keeping a Balanced Diet

Keeping up with a balanced diet during isolation isn't always easy! It can be difficult to keep motivation to cook and prepare nutritious meals 3 times a day. Acknowledging that some days might be more successful than others is a key approach, in terms of achieving goals and managing your usual balanced diet. I have found that keeping a routine is key, therefore making sure you continue to have 3 meals per day (times may vary slightly) this can help us to stay motivated for other tasks we need to complete and give us structure to the day as well as giving us essential vitamins and minerals for energy.

Rainbow cooking?

There is a lovely image on [this website](#) of pizzas!
Very colourful and cheery!

We all need treats, but try to be mindful of having a balance of fruit and vegetable snacks as well as higher calorie options!

These Fruit skewers are a mixture of both, having lots of colours in your meals make them more enticing to eat (and boosts the nutritional content) and something sweet on the side (like a chocolate or flavoured dip) can help with boosting energy and taste.

Keep safe,

Nola Lynch (Dietitian)

