

An elderly couple is shown in a kitchen, engaged in cooking. The man, on the left, is wearing a light-colored shirt and is looking towards the woman. The woman, on the right, is wearing a patterned top and is focused on a task, possibly stirring a pot on the stove. The kitchen is bright and modern, with white subway tiles on the backsplash and a window in the background showing greenery. The overall atmosphere is warm and domestic.

BOOST YOUR MOOD:
**Tips for Healthy
Comfort Foods**



PeaceHealth



Welcome



YOUR MODERATOR

Summer Meyer, BA, LMT

Certified Health Coach

Please join in!

- *Vote in the polls*
- *Ask questions*
- *Complete the survey*

Your speaker

Cecelia Jacobson, RD, LD, CDE

Clinical Dietitian

- *Dietitian and diabetes educator*
- *Roots in Bellingham, WA*
- *Bastyr University grad*
- *Loves spending time cycling*



Overview

1. Seeking comfort
2. The habit loop
3. Healthy substitutes
4. HALT method

Seeking Comfort

- 37% consume comfort foods **daily**.
- 38% consume comfort foods **every other day**.
- 6 out of 10 said **ice cream** was their go to food, followed by **chocolate/candy**.
- 44% of people learned **new recipes**.
- 32% took **online cooking classes**.
- Campbell's Soup **increased** 59%
- Prego Pasta sauce **increased** 52%
- Pepperidge Farms Goldfish crackers **increased** 23%





Seeking Comfort

How is COVID-19 impacting people in the US?

- 28% suffering from **anxiety**
- 19% are **depressed, overeating & under exercising**
- 15% experiencing **insomnia**



Poll #1

What is your #1 go-to” comfort food?

- A. Sweets (cookies, candy, cake)
- B. Creamy (pudding, ice cream, soup)
- C. Salty (chips, crackers, dip)
- D. Other (type your answer in chat)



Habit loop



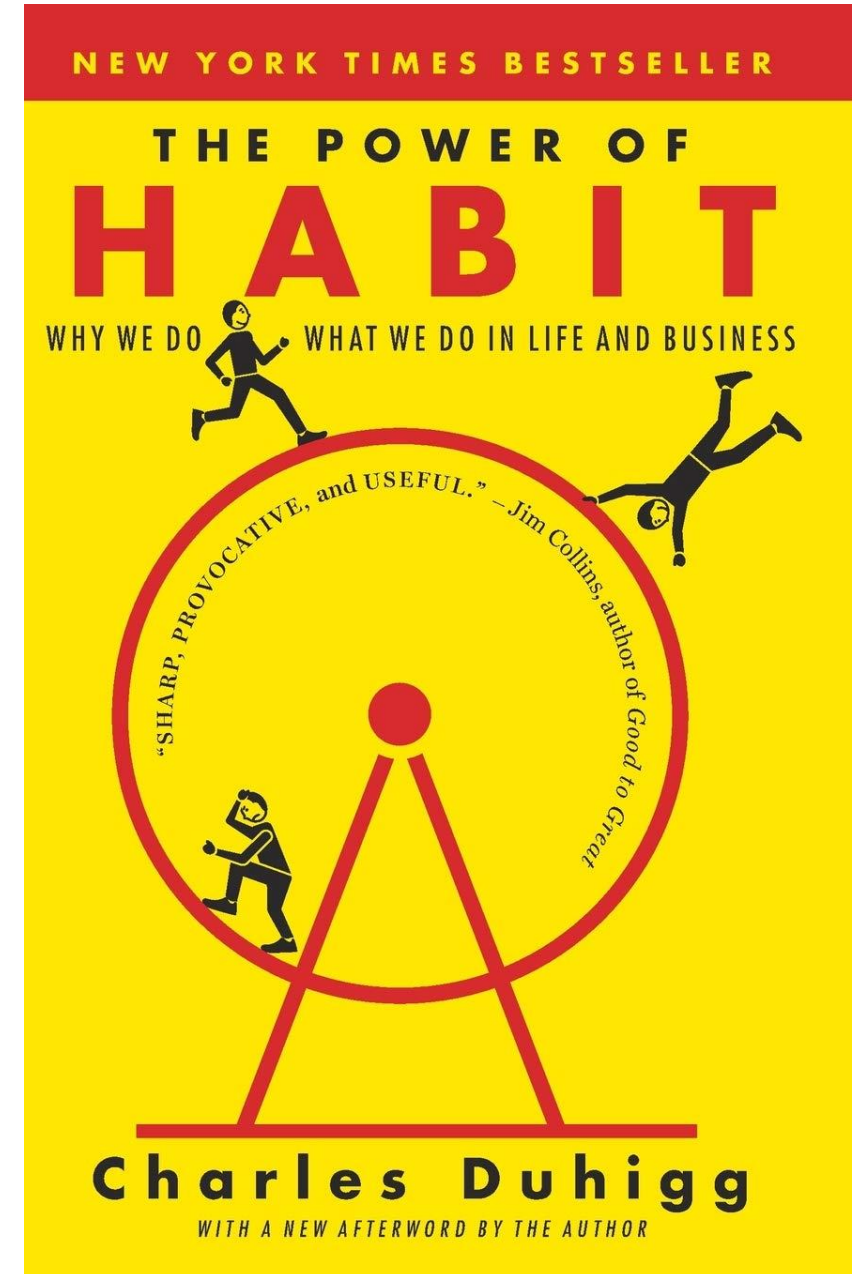
CUE



ROUTINE



REWARD





Healthy Substitutes

Sweets

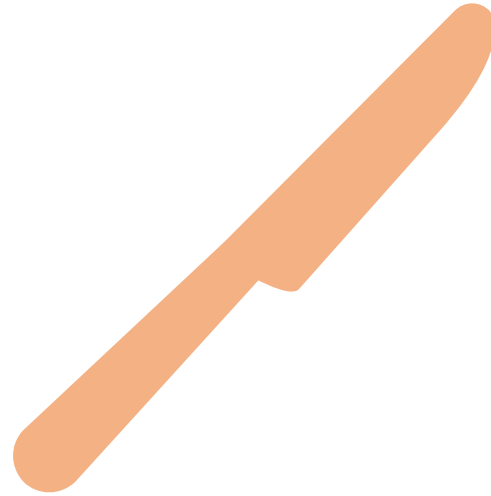
- Skinny chunky monkey cookies
- Berry ice cream
- Fruity kabobs



Healthy Substitutes

Salty & Crunchy

- Touchdown herb dip
- Cranberry pumpkin seed salad
- Sweet potato fries



Healthy Substitutes

Pastas

- Veggie chili
- Cornbread muffins
- Creamy cheese sauce



H
Hungry?

A
Anxious?
Angry? Annoyed?

L
Lonely?

T
Thirsty?
Tired?

*Listen to your body and mind
when comfort foods call*



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Poll #2

What tip will you use right away?

- A. H.A.L.T.
- B. Trying healthier versions of my favorite comfort foods
- C. Identifying my habit loop (cue, routine, reward)
- D. Other (type in the chat)



Resources & Handouts

- Recording
- H.A.L.T. infographic
- Recipes for healthy comfort foods

peacehealth.org/healthy-you/boost-mood



Q & A

Questions after the webinar?

Send to healthyyou@peacehealth.org



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Healthy **You**

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