

While many things are beyond our control right now, the way we eat really isn't. Sure, we want comfort food during this somewhat stressful time, but well-balanced meals should also be part of the equation.

Shopping

Basic grocery checklist for healthy snacks and meals

Snack Items

Canned Beans

Canned beans are high in fiber, which means they're very filling, but also rich in vitamins and minerals. That makes them a very healthy source of protein."

Here are some ways you can incorporate canned beans into meals:

Top a sweet potato with black beans and salsa, onions and peppers.

- Add some pesto to white beans and pair them with sautéed vegetables and whole-grain pasta.
- Make a triple bean salad with tomatoes, peppers, onions and olives. Top it with a light vinaigrette
- Try making a Buddha Bowl with beans and your favorite greens, roasted veggies and healthy grains.
- Take some ground turkey and sauté it with mashed chickpeas. Use it to make tacos.

Canned Tuna or Salmon

Here are some tasty ways to serve up canned tuna and salmon:

- Try swapping the mayo with plain non-fat Greek yogurt when making tuna salad.
- Make tuna patties or salmon burgers. Season them with your favorite herbs and spices. You can even add onions, peppers and celery to the mix.
- Make lettuce wraps with tuna or salmon. For a special touch, you can create your own dipping sauce.
- Create a flavorful Cobb salad with avocado and your favorite fresh vegetables.
- Top a baked potato with tuna or salmon and sautéed veggies.

Smart Snack Hacks

- Air Popped Popcorn
- Nuts
- Tuna packets
- Single serving hummus

Tips to Prevent Overeating

- Follow the same meal schedule you had during your normal work day or create a new schedule
- Keep fresh produce visible and accessible
- Make sure meals/snacks have protein and fiber

Grocery Shopping List

Things to Limit/Avoid

- Frozen pizza
- Frozen meals
- White flour pasta
- White flour tortillas
- White rice
- Juice
- Soda
- Candy
- Pastries

Stock Up On

- Canned tuna or wild salmon
- Frozen chicken
- Frozen ground turkey
- Frozen vegetables (plain – no sauces or additives)
- Frozen berries
- Brown rice
- Oatmeal
- Wild rice
- Sweet potatoes
- Onions and garlic
- Spices
- Lentils
- Carrots
- Frozen bean burgers
- Unsalted nuts
- Tomato sauce
- Olive oil
- Peanut butter
- Apples
- Bananas
- Canned diced tomatoes

We hope you find these tips and resources helpful. [UCR Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!