



Wearing a mask makes it so difficult for those you care for to read your expression. So, try to laugh instead of smiling – that way they'll hear the joy and caring in your voice. It will reassure them, and make you feel better too.



1 Pick the right fuel
Optimise the potential benefits of what you eat, by cutting down on refined sugars. This includes sucrose and glucose, sugar, honey and syrup. Look out for those that naturally occur in food, like fructose in fruit. Avoid artificial sweeteners as well if you can.



Be salt aware
The easiest way to do this is not to add it to your meals at the table and flavour your food with herbs and spices instead. For example, if you usually add salt to a spicy dish, the chances are you will not taste it, so why not leave it out?

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3 Do the five-a-day challenge
A portion is about three heaped tablespoons of veg or a whole piece of fruit. Aim to eat at least five a day and pick as many different colours as you can. That way you know you're getting a good balance of nutrients.



Attack the snacks
Peanut butter on toast makes a nutritious and convenient snack. Make it better for you by swapping white bread for wholegrain and ditching the layer of butter.

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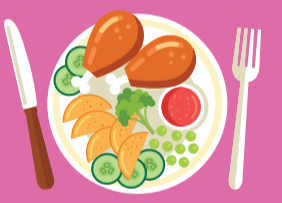
5 Break the habit
Missing sport on TV? If so, don't reintroduce your usual grazing pattern when the games return to your screens. Eating while you are distracted is a simple way to gain weight as you don't notice when you're full.



Love your liver
This vital organ can only process one unit of alcohol an hour, so try having a glass of water in between each drink and avoid binge drinking (that's six units or more in a single session, according to the NHS).

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7 See your energy levels soar
If you eat regularly and balance the types of food you eat, you'll manage your blood sugar levels and boost your energy. Fill your plate with one-third starchy foods, such as potatoes, pasta and rice (brown whenever you can). A bit more than a third should be veg and fruit, then the rest is for protein – fish, meat, cheese, pulses and beans.



Keep your liquid levels topped up
Water is a super hydration tool, but milk, tea and coffee are also fine. If you like fruit juices, then limit yourself to one a day as they can be high in sugar or, if they are too sweet for you, try beetroot juice or tomato juice instead. Both are full of antioxidants to keep you in good health.

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9 Learn to love the ingredients list
The food you eat should have ingredients that you recognise on the pack and that includes fat. If you see butter, vegetable oil or olive oil then it's a healthier option than trans fats or hydrogenated oils.



Start as you mean to go on
If you want to work, exercise and feel better, as well as look after your heart and keep a healthy weight, don't skip breakfast. Nutritious options include, wholegrain cereal, scrambled eggs on toast, yoghurt and fruit with nuts and seeds, or porridge.

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Did you know?

Loss of taste or smell is a symptom of Coronavirus, along with fever, coughing more than usual, tiredness, muscle pain, shortness of breath or diarrhoea? Use the NHS 111 service if you think you may have it.