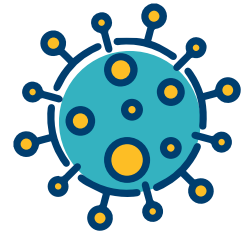




COVID-19 Food Guide



**BEFORE GOING TO
THE FOOD STORE**



**PEOPLE AND
FOOD SAFETY**



EAT HEALTHY



**TIPS FOR SAVING
FOOD & MONEY**



**MAKE TAP WATER
YOUR DRINK
OF CHOICE**



**BETTER FOOD
BETTER MOOD**



FOOD STORAGE



HEALTHY SNACKS



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BEFORE GOING TO THE FOOD STORE



Organise your shopping list

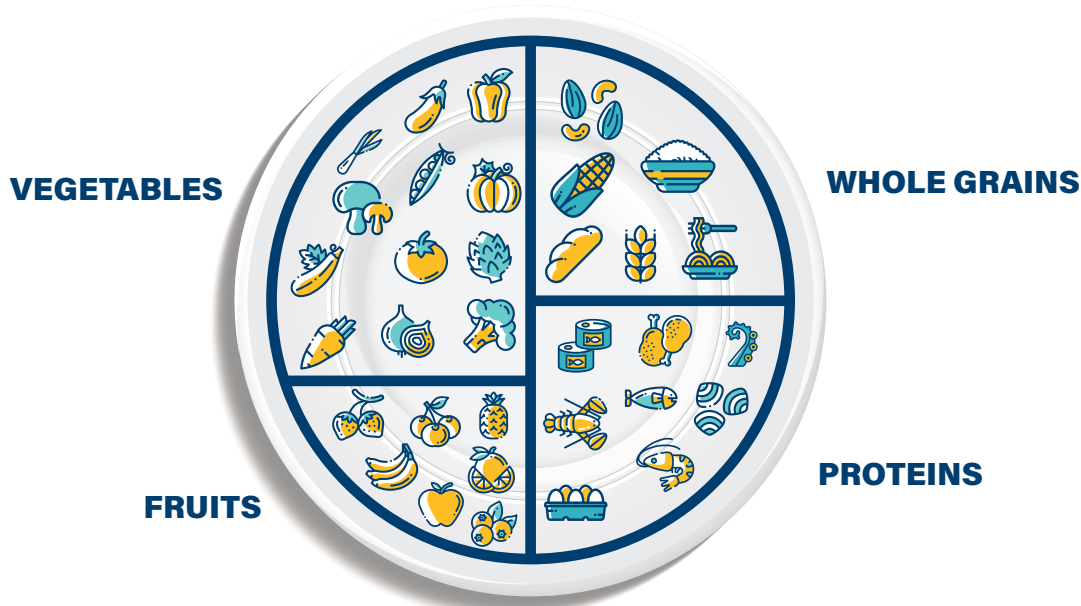
Plan a menu of healthy meals for two weeks:

- ✓ Select healthy recipes that you and your family members like
- ✓ Check the food you have at home: pantry, refrigerator and freezer
- ✓ See what you can use
- ✓ Add missing ingredients to the shopping list



EAT HEALTHY

Plan healthy meals for breakfast, lunch, snacks & dinner



Control your portion sizes

Have regular meal times

- ✓ Three main meals & one afternoon snack

Limit your intake of salt, sugar and fat

Limit ultra-processed food

- ✓ Fast foods
- ✓ Chips
- ✓ Cookies
- ✓ Frozen pizzas

Choose fresh and seasonal food

- ✓ Vegetables and fruits
- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Dairy products

Consume enough whole grains

- ✓ Whole wheat
- ✓ Whole oats
- ✓ Whole bulgur
- ✓ Whole grain flour

Read the ingredients list on canned foods

- ✓ Choose the "low sodium" or "no salt added" option
- ✓ Choose fruits canned in water or juice instead of syrup
- ✓ Choose canned foods with the least amount of acidulants, citric acid and color enhancers



MAKE TAP WATER YOUR DRINK OF CHOICE

Stay hydrated with

- ✓ Sparkling water
- ✓ Home-made infusions:
cucumber, citrus fruits, deep frozen red berries,
peppermint and lemon verbena
- ✓ Tee (hot or cold)
- ✓ Coffee
- ✓ Soup



Avoid

- ✓ Energy drinks
- ✓ Soft drinks

FOOD STORAGE



REFRIGERATOR

PANTRY

FREEZER



Fresh Vegetables

Artichokes	2-3 Days	_____	_____
Asparagus	2-3 Days	_____	_____
Beets	1-2 Weeks	_____	_____
Broccoli	4 Days	_____	_____
Brussel sprouts	5 Days	_____	_____
Cabbage	1 Week	_____	_____
Carrots	5 Days	_____	_____
Celery	1 Week	_____	_____
Cucumbers	1 Week	_____	_____
Eggplant	2-3 Days	_____	_____
Garlic	_____	5-8 Months	_____
Greens, spinach, leafy	3-4 Days	_____	_____
Lettuce, iceberg	5-7 Days	_____	_____
Mushrooms	1-2 Days	_____	_____
Onions			
dry	_____	2-4 Weeks	_____
green	5 Days	_____	_____
Parsley	2-4 Days	_____	_____
Peppers			
chile	7-10 Days	_____	_____
bell	3-4 Days	_____	6 Months
Potatoes			
white, fresh	1 Week	_____	_____
sweet, fresh	2-3 Weeks	_____	_____
Radishes	1-2 Weeks	_____	_____
Rhubarb	2 Weeks	_____	_____
Rutabagas	2 Weeks	1 Week	_____
Tomatoes	1 Week	3-4 Days	_____

FOOD STORAGE



REFRIGERATOR

PANTRY

FREEZER

Salad dressing

Bottled (unopened)	10-12 Months	_____	_____
Bottled (opened)	3 Months	_____	_____
Made from mix	2 Weeks	_____	_____



Fruits

Apples	1 Month	_____	_____
Apricots, avocados, melons, nectarines, peaches, pears	5 Days	_____	_____
Bananas	_____	2-3 Days	_____
Berries, cherries	3 Days	_____	_____
Citrus fruit	2 Weeks	_____	_____
Grapes, plums	5 Days	_____	_____
Pineapple	2 Days	_____	_____



Bread, rolls (commercial)

3-5 Days

2-3 Months



Pasta

1-2 Years

FOOD STORAGE



Rice

	REFRIGERATOR	PANTRY	FREEZER
White	_____	2 Years	_____
Brown	_____	1 Year	_____
Mixes	_____	6 Months	_____



Milk

Sterilised	2-5 Days	1 Month	_____
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Yogurt

	10-14 Days		
Frozen	_____	_____	2 Months



Butter

	2-3 Weeks		6-9 Months
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Cheese

Cottage	10-15 Days	_____	_____
Cheddar, Edam, Gouda			
unopened	3-6 Months	_____	_____
opened	2 Months	_____	_____
Parmesan			
opened	2-4 Months	_____	_____
Ricotta	5 Days	_____	_____

FOOD STORAGE



REFRIGERATOR

PANTRY

FREEZER

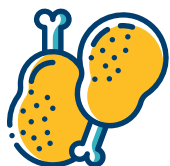


Eggs

3-5 Days

2-3 Months

In Shell	3-4 Weeks	_____	_____
Whites	3 Days	_____	_____
Yolks	2 Days	_____	_____
Hard-cooked	1 Week	_____	_____
Deviled	2-3 Days	_____	_____
Leftover egg dishes	3-4 Days	_____	_____



Chicken

3-5 Days

2-3 Months

Fresh

whole	2-3 Days	_____	12 Months
pieces	2-3 Days	_____	6-9 Months
giblets	1-2 Days	_____	3-4 Months
Cooked			
Leftover pieces	1-2 Days	_____	4-6 Months
Gravy, broth	1-2 Days	_____	6 Months
Casseroles, TV dinners	_____	_____	3 Months



Fish

Fatty fish

mackerel, trout, salmon, etc.	1-2 Days	_____	2-3 Months
Lean fish			
cod, flounder, etc.	1-2 Days	_____	6 Months
Breaded, frozen		_____	3 Months
Cooked fish	2-3 Days	_____	3 Months
Canned fish			
unopened	_____	12 Months	_____
opened	1 Day		

FOOD STORAGE



REFRIGERATOR

PANTRY

FREEZER



Fresh, Uncooked Meat

Chops	2-4 Days	_____	6-12 Months
Ground	1-2 Days	_____	2-3 Months
Roast	2-4 Days	_____	6-12 Months
Sausage	1-2 Days	_____	1-2 Months
Steaks	2-4 Days	_____	6-9 Months



Cooked Meat

Leftovers & meat dishes	2-3 Months	_____	_____
Gravy, broths	1-2 Months	_____	_____



Cured and smoked meats

Bacon	5-7 Days	_____	1 Month
Frankfurters			
unopened	2 Weeks	_____	1-2 Months
opened	1 Week	_____	_____
Ham (fully cooked)			
whole	5-7 Days	_____	1-2 Months
slices	3-4 Days	_____	_____
Sausage			
smoked	7 Days	_____	1 Month
dry and semidry	2-3 Weeks	_____	_____



Juice

3-5 Days

2-3 Months

Fresh	6 Days	_____	_____
Canned			
(after opening)	6 Days	_____	_____

PEOPLE AND FOOD SAFETY



Respect social distancing at the supermarket

- ✓ Make your food shopping alone
- ✓ Wear a mask
- ✓ Don't go to the grocery store if you are sick
- ✓ Prefer food delivery services

Wash your hands before preparing food and eating

- ✓ Wash your food with potable water
- ✓ Peel the fruits and vegetables you will eat raw
- ✓ Clean cooking surfaces

TIPS FOR SAVING FOOD & MONEY



Buy food you like

Buy only what you need

- ✓ Use only one caddy
- ✓ Cook a large quantity and freeze for later (bolognese, chili, soup...)
- ✓ Use leftover vegetables and fruits in juices, smoothies, jams, soup or freeze it

BETTER FOOD BETTER MOOD



Prepare home cooked-meals

- ✓ Cook with your family
- ✓ Eat together with family or flatmates
- ✓ If you are alone, cook your favourite meal and eat with your friends via video call
- ✓ Plan and structure your meals
- ✓ Enjoy your food
- ✓ Prepare healthy snacking
From time to time, eat some high-calorie food you like, in small quantity

HEALTHY SNACKS



Fresh vegetables

- ✓ Carrots
- ✓ Cucumber
- ✓ Cauliflower
- ✓ Paprika
- ✓ Mushrooms
- ✓ Cherry tomatoes for dip in a cheese sauce with garlic and herbs

Dairy products

- ✓ 1 yogurt of 125g (max 12% of carbohydrates and 1,5% of fat)
- ✓ Cheese (150g)
- ✓ Cottage cheese (150g)
- ✓ 1 glass of kefir or buttermilk
- ✓ 1 glass of milkshake (semi-skimmed milk with banana or deep frozen red berries)

Fresh fruits

- ✓ Apple
- ✓ Pear
- ✓ Banana

Biscuits with whole grain wheat and/or fruits, low in fat and added sugars

Healthy Recipes

COTTAGE CHEESE SAUCE FOR RAW DIPS

(For 6 persons)

INGREDIENTS

✓ 100g 40% cottage cheese



✓ 1 tablespoon of olive oil



✓ 1 teaspoon lemon juice



✓ salt



✓ pepper



✓ 2 teaspoons chopped herbs.
Your choice: chives, chervil,
flat-leaf parsley, tarragon



PREPARATION

1. Mix in a bowl the cottage cheese with the olive oil and lemon juice



2. Whisk well to obtain a homogeneous preparation



3. Season with salt and pepper



4. Add the herbs and mix gently



ACCOMPANY WITH

✓ Cherry tomatoes, cucumbers, celery, radishes, carrots



Healthy Recipes

CHOCOLATE FONDANT WITH ZUCCHINI AND RED BEETS

(For 12 persons)

INGREDIENTS

- ✓ 100g cooked red beets 
- ✓ 200g of zucchini 
- ✓ 200g dark chocolate (min. 70% cocoa) 
- ✓ 100g of sugar 
- ✓ 3 eggs 
- ✓ 1 tsp. vanilla sugar 
- ✓ 50g of flour 
- ✓ 2 tbsp. baking powder 
- ✓ 1 pinch of salt 

PREPARATION

1. Preheat the oven to 180°C 
2. Dice the beetroot and blend in a blender 
3. Clean and peel the zucchini, then dice it 
4. Steam the zucchini for a few minutes, then mash it 
5. Melt the chocolate and add the mashed zucchini and mix well 
6. In a bowl, mix the whole eggs, vanilla sugar and sugar. Whisk 
7. Add the blended beetroot, then add the chocolate-zucchini, salt and yeast 
8. Mix and add the flour 
9. Pour the dough into a baking pan and bake for 25 minutes 