



# Advice for healthy shopping and eating during the pandemic

# 2020

# Advice for healthy shopping and eating during the pandemic

How should we plan our meals in advance, and what foods are recommended to buy if our shopping habits change temporarily during an epidemic, when we go to the store, market less often, and buy larger quantities of food at the same time?

Even during this period we should strive to follow a balanced and healthy diet. This is essential for our immune system to prevent and overcome diseases. Stock up on a reasonable amount of food that fits into a healthy diet.

## Before you go shopping:

### Assess your food supply!

Let's check how much food you have on hand from the foods you want to have at home during this period. If you consider that there is enough food for two weeks, you don't need to buy more. Buying more food, than you need is going to lead to unnecessary waste of money and food.

### Write a shopping list!

The list should include not only the names of the products you want to buy, but also how much of them you want to buy. This way, you can be sure to get the right amount of everything in your shopping cart. Purchase time can also be significantly reduced.

## What and why can be on the shopping list?

- ▶ **Cereals and legumes** have long shelf life and versatile. Consume 3 servings of cereals each day (rice, flour products, breads, baked goods, biscuits, muesli slices, etc.), of which at least 1 serving should be whole grain (dish made with wholegrain flour, brown rice, oatmeal, wholegrain pasta, bulgur, millet, buckwheat, wholegrain biscuits, etc.). Eat legumes regularly (dry beans, lentils, yellow peas, etc.). After opening, store them in an airtight container and in a cool, dry place to preserve their quality.
- ▶ **Frozen vegetables, fruits** can be stored in the freezer for a long time. If we do not have fresh vegetables and fruits, we can make steamed vegetables, casserole with vegetables, vegetable dish, vegetable soup (even cream soup) from frozen ones. The fruits can be mixed into natural yoghurt and cottage cheese, but they can also be used to make smoothies.
- ▶ **Frozen fish**, from which delicious fish dishes can be prepared by steaming, frying, roasting and cooking (e.g. whole fish, casserole dish, flavoured with paprika).
- ▶ Feel free to plan **fresh goods** for the shopping list as well, but be sure to consume them first, before the less perishable food.

- From fresh vegetables and fruits, choose those with high content of vitamin C and antioxidants (e.g. oranges, tangerines, cabbage, peppers). Root vegetables and onions are also good choice because they keep well in a cooler place (e.g. in a pantry) for a very long time. Eat 4 servings of vegetables / fruits each day, including one serving fresh if possible.
- It is practical to freeze fresh meat in portions that are not used immediately.
- Milk, dairy products (e.g. yoghurt, kefir, cottage cheese, cheese) should also be on the list, but choose the ones which have lower fat content. Make sure to store them at the proper temperature indicated on the product packaging. Due to their long shelf life, it is recommended to buy long-lasting milk.
- Fresh products can include baked goods and bread, which can also be frozen, even per serving. If it's possible, choose products with high fiber content (e.g. wholegrain, with bran or seeds).
- ▶ From **canned goods**, buy preferably canned fish (e.g. tuna, sardines), liver pates. If there are no fresh or frozen vegetables and fruits on hand, you can eat canned vegetables and fruits, pickles (e.g. sauerkraut, shallots, beets), which can make any meal more colorful and can be stored for a long time.
- ▶ It is recommended to include **eggs** also on the list. Store the eggs in a cool, dry place (pantry or refrigerator). If the eggs were in the fridge in the store, be sure to keep them in the fridge at home as well.
- ▶ The list can be spiced up with **natural (unsalted) oilseeds** (e.g. nuts, pumpkin seeds, peanuts) and **natural (no added sugar) dried fruits**. They also have long shelf life and are extremely good source of nutrients and fiber, but both oilseeds and dried fruits are high in energy, so make sure you consume them in moderation. Only a handful or two of them are recommended a day! (Dried fruits should not be mixed up with candied fruits that have a high added sugar content).
- ▶ Buy **vegetable oils** (e.g. sunflower oil, rapeseed oil, olive oil), margarine instead of fat, butter for cooking. Consume fats in moderation!
- ▶ Make sure you have a variety of **spices** on hand, that make our food varied and enjoyable.
- ▶ Our primary source of fluid should be **tap water or mineral water**. The recommended daily fluid intake for adults is 2 to 2.5 l / person (8 to 10 glasses), for children on average 1.5 to 2 l / person (6 to 8 glasses). In hot weather, during regular and intense physical activity, and in case of diseases with fever, vomiting, diarrhea, the fluid requirement increases. Consumption of maximum 1 glass of juice (2-2.5 dl) per day with 100% fruit content can be included in the diet.

- ▶ The advantage of semi-finished and ready to eat foods (e.g. instant cream soup, semi-finished pasta dishes, rice pudding, instant porridge) is their long shelf life and easy preparation, but always check the list of ingredients and choose the ones with lower salt and sugar content. Consume these foods occasionally.

### **3 times**

- ▶ toasted sandwich, fresh vegetables (pepper, tomato, cucumber etc.)

### **4 times**

- ▶ cold cuts (ham, sausage etc.), margarine, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)

## Meal plan for two weeks

### **Breakfast and simple dinners**

#### **Once**

- ▶ milk (low fat), apple-cinnamon flavoured muesli
- ▶ milkshake with fruits and rolled oat or biscuit
- ▶ cheese, margarine, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)
- ▶ fruity rice pudding
- ▶ semolina pudding with cocoa powder
- ▶ wiener sausage, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)
- ▶ French toast, fresh vegetables (pepper, tomato, cucumber etc.)
- ▶ milk (low fat), jam, margarine, bakery products (bread/bread roll)

#### **Twice**

- ▶ liver pate, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)
- ▶ cottage cheese with herbs, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)
- ▶ scrambled eggs/omelet, bakery products (bread/bread roll), fresh vegetables (pepper, tomato, cucumber etc.)

### **Snacks**

#### **Once**

- ▶ muffin

#### **Twice**

- ▶ chocolate coated cottage cheese stick
- ▶ yoghurt

#### **3 times**

- ▶ cereal bar
- ▶ milkshake

#### **4 times**

- ▶ salty crackers/biscuits
- ▶ sweet cookies, biscuits (oat biscuits etc.)

#### **9 times**

- ▶ fruit/fruit salad/compote

### **Additionally**

#### **Once**

- ▶ snack cheese/soft cheese wedges

#### **3 times**

- ▶ fruit juice (100%)
- ▶ puffed rices/crispbread
- ▶ oily nuts

## Lunches

### Soups

#### Once

- ▶ creamy broccoli soup
- ▶ turkey ragout soup with tarragon

#### Twice

- ▶ pea soup
- ▶ vegetable soup
- ▶ meat and vegetable soup

### Main courses

#### Once

- ▶ chicken stew with pasta, pickles/fruit
- ▶ creamed spinach with fried egg, bread
- ▶ spaghetti bolognese with cheese
- ▶ loaded cauliflower casserole, pickles/fruit
- ▶ chicken schnitzel, potato with parsley, steamed vegetables
- ▶ creamed cabbage with potato, sausage, bread
- ▶ grilled chicken drumsticks with mashed potatoes, pickles
- ▶ fish fingers, bulgur with carrots, tartar sauce

- ▶ roasted chicken liver with boiled potatoes, pickles
- ▶ creamed lentil, roasted wiener
- ▶ roasted black pudding/sausage, pickles

### Desserts

#### Once

- ▶ crepe (jam/walnut/cottage cheese cream filling)
- ▶ cottage cheese dumplings with sour creme and ground cinnamon

### Dinners

#### Once

- ▶ „Máglyarakás" Hungarian jam pudding dessert made from bread, apple and jam
- ▶ tuna salad with toast
- ▶ Hungarian ratatouille with egg, bread
- ▶ French salad with frankfurter/ham
- ▶ turkey ragout soup with tarragon
- ▶ grilled chicken drumstick with steamed vegetables
- ▶ Mexican salad with boiled egg, toast

## Shopping list for a two-week diet

(increased quantity by cleaning loss)

### Vegetables (Fresh)

	for 1 person	for 4 person
broccoli	1 piece	2 pieces
potato	1,25 kg	5 kg
cabbage	0,5 kg	2 kg
garlic	1 head	1 head
lettuce	1 piece	1 piece
kohlrabi	1 piece (small)	1 piece (big)
cauliflower	0,5 kg	2 kg
lentil	100 g	500 g
	0,25 kg	1 kg
carrot	0,75 kg	3 kg
onion	0,4 kg	1,5 kg
celery root	1 piece (small)	1 piece (big)
fresh vegetables for breakfast and dinner (tomato, pepper, cucumber, spring onion, radish)	3,5 kg	14 kg

### Fruits, nuts

	for 1 person	for 4 person
seasonal fruits (for snack)	2,5 kg	10 kg
lemon (lemonjuice)	1 piece (medium)	4 pieces (medium)
walnut, almond, nuts (for snack and crepe)	125 g	500 g

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## Egg

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	for 1 person	for 4 person
egg	12 pieces	48 pieces

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## Dairy

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	for 1 person	for 4 person
yoghurt (flavored/unflavored)	2 pieces	8 pieces
snack cheese	2 pieces	1 pack (8 pieces)
margarine (butter)	1 pack	2 pack (~600 g)
oil	1 l	2 l
cheese	125 g	500 g
milk	2 l	8 l
sour cream	~660 g	2,5 kg
cottage cheese	1 pack (200 g)	2 pack (800 g)
chocolate coated cottage cheese stick	2 pieces	8 pieces

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## Meat, fish

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	for 1 person	for 4 person
chicken drumstick	2 pieces	8 pieces
chicken liver	0,12 kg	0,5 kg
chicken breast	0,6 kg	2,5 kg
sausage	1 piece	4 pieces
cold cut (ham, salami etc.)	0,25 kg	1 kg
sausage for roasting	1 piece	4 pieces
liver pate	75 g	300 g
turkey breast	0,25 kg	1 kg
pork (minced)	0,25 kg	1 kg
wiener sausage	0,4 kg	1,5 kg

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## Frozen products

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	for 1 person	for 4 person
french vegetable mix	1 package*	4 packages*
fish fingers	¼ package (4 pieces)	1 package (16 pieces)
mexican vegetable mix	2 packages*	8 packages*
spinach	½ package*	2 packages*
peas	2 packages*	8 packages*

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## Baking products, cereals

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	for 1 person	for 4 person
bread	1,75 kg	7 kg
muesli (oatmeal, corn flakes etc.)	¼ package*	1 package*
cereal bar (chocolate, fruit flavored)	3 pieces	12 pieces
bread roll etc.	4 pieces	16 pieces
bread crumbs	¼ package*	1 package*

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## Flour, sugar, salt, pasta

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	for 1 person	for 4 person
bulgur	⅛ package**	½ package**
semolina	¼ package**	1 package**
flour	1 package**	4 packages**
sugar	¼ package**	1 package**
rice (white, brown)	½ package**	2 packages**
salt	¼ package*	1 package*
pasta	1,25 packages***	5 packages***

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## Tinned foods, instant products

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	for 1 person	for 4 person
pickles (pickled beets, pickled cucumber etc.)	1,5 jar***	6 jars***
tomato puree	¼ jar***	1 jar***
jam	¼ jar***	1 jar***
tuna	1 can (100 g)	4 cans (400 g)

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## Bakery products

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	for 1 person	for 4 person	for 4 person
puffed rice, toast, crispbread		1 package	3 packages
salty crackers, biscuits		1 package	3 packages
sweet cookies, biscuits		1 package	2 packages

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## Liquids

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	for 1 person	for 4 person
fruit juice (100%)	1 l	4 l

Additional drinks (water, tea, coffee etc.) to cover your daily fluid requirement are not included in the table!

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\*1 package=250 g

\*\*1 package=1 kg

\*\*\*1 package or jar=500 g