The Hellenic Dietetic Association’s (HDA) Groups of Experts have developed an informative public campaign that aims to help people follow a healthy diet and to control potential overeating which could affect their body weight during the lockdown period resulting from the Covid-19 pandemic.

Please find below a list of materials in Greek developed by HDA’s Expert Groups:

**Expert Group on Weight Management**

1. **Eating healthy while staying at home – VIDEO**

<https://www.youtube.com/watch?v=sQlwvjWCJvU&feature=emb_logo>

1. **5 smart tips to improve eating behaviour while staying at home!** - <http://www.hda.gr/menoyme-spiti-kai-akoloythoyme-5-eksypna-t/>
2. **Managing our hunger while staying at home.** - <http://www.hda.gr/menoyme-spiti-kai-den-paizoyme-me-tin-p/>
3. **Weight Management: What can we do to control body weight while staying at home?** - <http://www.hda.gr/diaxeirisi-varoys-diatrofi-ti-kanoym/>

**Expert Group on Sports Nutrition**

**Dietary and exercise adjustments during the period of Covid-19 pandemic.**

-<http://www.hda.gr/prosarmoges-diatrofis-kai-askisis-st/>

**Expert Group of Public Health Nutrition**

**Does our diet play a role in the treatment of the new coronavirus and COVID-19 disease?** - <http://www.hda.gr/paizei-rolo-i-diatrofi-mas-stin-antime/>

**In addition, the Board of the Hellenic Dietetic Association has developed a guidance including recommendations for the operation of licensed private dietetic offices:**

<http://www.hda.gr/menoyme-asfaleis-leitoyrgia-diaito/>