

**OI Foundation**  
**COVID-19 Q&A: EATING HEALTHY DURING THE COVID-19 PANDEMIC**  
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[OIF CEO Tracy Hart] Hi everyone. It is so good to see everyone here today. People are still joining us so that is terrific. I would like to welcome you to this special topic on nutrition and trying to stay healthy by eating well during these challenging times.

I would like to quickly thank -- I see folks out there and we have a couple of board members for the OIF on the call so I would like to thank Ted Trehan and Sharon Munich and there are probably other board members.

So thank you everyone for joining.

As Erika said, when we get started we are going to, I am going to introduce the two speakers. We have a few questions for them right off the bat that we will ask them and then we are going to open it up for questions for everyone.

The way we ask the questions is to type them into the chat box and then we will go ahead and ask our wonderful expert presenters.

So first let me introduce them. Ashley Reese, so Ashley is a registered dietician nutritionist and licensed medical nutrition therapist, so you see those letters next to her name, in the state of Nebraska. She obtained her bachelor's from Iowa State University and completed an 11 month internship and master's degree in medical nutrition at the University of Nebraska Medical Center.

Since completing her education she now worked at Children's Hospital and Medical Center in Omaha as a clinical pediatric dietician. At Children's she provides nutrition care in a variety of outpatient clinics including the OI clinic.

Our second presenter is Stefanie Sacks. She is a nationally recognized culinary nutritionist and professional chef and leading authority on eating to prevent and manage illness.

For over two decades she has helped transform the way people use using hands on experiences to inspire and educate and offer practical tools for life style changes. She has a master's of science and nutrition from Teacher's College at Columbia University. She is a graduate of the Natural Gourmet Institute for Health and Culinary Arts.

She inspires people to eat and live to their full potential. Her book "What the Fork are you Eating" will be available on audio July 2020 and is a must read for anyone looking to make changes in food for optimal health.

And we will have resources available from both Ashley and Stefanie that will be posted to our member site after the presentation. So with that, welcome to our experts.

And we are going to get started.

>> Thank you.

>> So the first question, Ashley to you first of all. In terms of nutrition for those living with OI what nutrients and/or supplements do you suggest?

>> ASHLEY REESE: First and foremost we want to make sure we get enough calcium and vitamin D. It helps promote good bone growth so dairy products or dairy alternatives. Especially for the kids, dairy alternatives that are high in protein like soy, ripple milk are the preferred alternatives. Greek yogurt and cheese and leafy greens are good choices to get to call sum.

Vitamin D we can get through the sun. Hopefully we can get outside during this time. Other than that good supplements that we can always recommend. Your dietician can your clinic can recommend good supplements for you as well.

>> Great Stefanie do you want to add anything?

>> STEFANIE SACKS: I think Ashley did a great job of covering it. Egg yolks are valuable for vitamin D and animal foods, going with some of the fatty fish is also good. So I think we covered it.

>> What would a fatty fish be?

>> STEFANIE SACKS: A sardine or salmon is good to have.

>> Thank you. As you can tell I am very interested in this presentation. I am going to be asking more questions than everyone. So Stefanie, for you, during this time, almost all of us are having challenges with daily routines including mealtimes and food choices. Trips to the grocery store offer slim pickings and food deliveries have obstacles. What advice do you have to stay healthy throughout COVID-19.

And before I let you answer that, to make sure everyone knows, they are not COVID-19 experts. They are experts in their fields. So the discussion that we are talking about is how to eat healthy during this time. So any questions about COVID-19, their not experts in that. But they are truly experts in their field. Stefanie?

>> STEFANIE SACKS: So I think the first thing that I will say to everybody is forgive yourself. For what you can't do right now. We all have challenges. I am someone who is well educated in food and I know how to cook and I have had to make compromises and let go of things.

So first start by forgiving yourself for what you can and can't do right now. Because this time shall pass. Okay? And the goal is to get through it healthy mind body and spirit.

So after we have sort of agreed to forgive ourselves I would try to stick to your routine as much as possible. That is really important and that is something Ashley and I went back and forth on. How important it is to try to stick to your routine and if you are going to you know, reach for food and eat out of boredom try to fill that with another activity.

I am doing a lot of vacuuming and cleaning a lot of dishes right now. Ashley I will turn that over to you

>> ASHLEY REESE: Yes finding another activity. If it is cleaning the living space to having fun with the kids, playing a board game or helping them with homework if they are able to do it virtually or reading a book or going outside for a walk if you can do that in your area.

Trying to stay away and out of the kitchen can be helpful because we are all a little bored and anxious and food is comfort and we want to try to stay away from it and eat when we are normally eating. Waking up in the morning and showering can help and starting the day with a normal routine. Eating breakfast and going about your day and then sitting down to eat lunch instead of grazing

>> STEFANIE SACKS: I think there are tremendous virtual opportunities now. And as so much of my work is centered in the health and wellness world I am aligned with a lot of mind body experts. So for someone some of the tools that I use is just like Deepak Chopra is doing 21 day meditations that you can tap into. And it is about 20 minutes? And it is just a nice way to get yourself out. There is a wonderful outlet called the center for mind body medicine. And Dr. Jim Gordon who heads that up is doing a lot of wonderful free virtual opportunities for learning. And also Q&As where you are going to be able to access some of the medical experts who are well informed about COVID-19. Another thing I have been doing is tapping into Christian Boss who does chanting. If you like music, getting into a network that is playing live music. There are celebrity musicians doing free concerts right now.

Look for them on Instagram. Even on the T.V. there are people broadcasting from their homes. And so stepping sort of out of the realm of food and nutrition we want to look at whole body wellness.

And these are really important resources that we can look through. And try.

>> Stefanie I had a question for you off that topic but we had a great tip about working with your grocer as far as when you are talking about you know grocery shopping.

>> One thing that I advocate for is speak up. So don't for a second hesitate to go to the grocer and say listen, I have special dietary needs and these are the items that I usually get, they are not in stock right now. But would you do me a huge favor, could you let me know when they are?

I am going to give you my phone number and you can shoot me a text. Please give me a call or let me know a time I can check back

Some people could be kind enough to put that aside for you. So don't hesitate for a second to speak up. This is what the time is all about. People showing their vulnerabilities and having the courage to say what they need and to put themselves out there and that is okay.

So I really encourage everyone to do that.

>> Thank you Ashley do you want to add anything?

>> ASHLEY REESE: No the only thing I was thinking that is happening in the Midwest is a lot of grocers are happening the time before the store opens for immuno compromised or even people with special health needs so take that opportunity as well. It is before the store opens and it is an hour dedicated time to go to the store, there are less people. Take your time and everything is freshly stocked and cleaned as well. So taking that opportunity to use that time to go to the grocery store can be helpful if the local store is offering that.

Another thing to add to that is the local farms. There are people on the call from all over the country and world.

If you live in a farming community or you are near farms call your local farmers and ask them what kind of services they are providing right now for the community. These farmers need so much help right now and we can help them by reaching out and by buying from them as well and a lot of them are delivering too.

>> Thank you what safety tips do you have for grocery shopping, delivery and ordering in? Is there a method for keeping packages clean and safe. I know you are not experts in -- what kind of things do you recommend?

>> Right now recommendation is to continue with the normal routine. Washing the produce is the standard since forever so just continuing to do that as well as making sure we are freezing and thawing things as well and cooking things to the right temperatures. All of that is important with food safety. If we are washing our hands after getting home from the store or ordering take out and bringing it home, washing our hands as we bring it in, that is going to be the things that really matter.

>> One of the things we are doing in my home. Normally we use the reusable bags when we shop. We have actually stopped using them and my husband is venturing to the grocery store. We put the bags outside. And we leave them outside and we unload the food into the house. So just operating the food out of the bag outside of your home will decrease potential contaminate surfaces and the person who goes shopping, just get in the shower when you get home and put your clothes in the washing machine. That is one easy thing we can try to do. Sometimes we will spray down or use wipes on certain surfaces like plastic container --

>> There is not enough science to let us know how long the virus is lasting on certain surfaces but we can take the normal precautions we normally take and maybe add a few others.

>> I think it is interesting to note, Ashley is in Nebraska and Stefanie is living right outside of New York City. So we have a . . . There are differences there.

>> STEFANIE SACKS: There are a lot of differences absolutely. We are in the hot zone. So it is. . . I think there may be more fear around where I am.

>> Right.

>> ASHLEY REESE: That is something we talked about in the days prior to this conversation. That each -- you have to go with what it happening locally in your area.

We can turn on the national news where we are or the world wide news and get panicked about what is happening but turn on the local news because that is where you are living and staying and self isolating. Those are the things going to hit home for you.

>> In terms of calling your grocer, what we have been doing is calling the local grocer and saying what is the best time to come? You know? Because sometimes there are long lines and other times there are not. And I know they have special exceptions for immuno compromised individuals. So having that dialogue is so important.

>> Great two more questions for you and then we will go to questions from the group.

Being at home all day creates boredom -- -- we are busy, but it can lead to eating. How do you suggest mitigating food consumption with the end goal of staying healthy? Who wants to start?

>> STEFANIE SACKS: One thing I would say is -- I am sorry that is my dog. Just have cut vegetables in the house. So if you have an urge to snack you are grabbing vegetables. They are crunchy and healthy and giving you

powerful nutrition so have those around and even fruit or even frozen berries is a great snack too.

If you have frozen berries great staple to have around.

So if you really need something, you are reaching for something that is healthy.

>> The hand to mouth motion is what we crave when we snack.

The chips or crackers or cookies so having cut up vegetables or fruit helps with that same type of motion with it being less calorie dense but more nutrient dense.

>> And beverages. One of the things that is good to do is just sip on lemon water all day. You know if we can get seltzer or fizzy water and splash it with juice, that is a great beverage to sip on all day. It is that bored feeling, I am not running out and driving kids to sports or school.

I am not going and doing things like I normally do. I am antsy.

>> Yes that is a good point. I feel that way at home. I have a much nicer kitchen than I do at the office and that is not good because things are right there. Last question -- most people need to cook for themselves and their families now more than ever.

If you don't like to cook or can't cook or think you can't cook, what is the best way to get nourishment if you struggle cooking?

>> STEFANIE SACKS: So I will always start with, let's figure out a way we can cook.

I am happy to most recipes as well with the one pot meals that you can make that are super easy. Whether a soup or chili or stew. And then you can make one pot and have it for several days. Sometimes even for a week. You can freeze a portion of it.

So that is a good way. You can form a relationship with one of the local restaurants in your area.

Who can maybe meal plan with you and provide specific meals for you throughout your day.

And then, if you can get some frozen foods, such as if you go to the grocery store there is a brand widely available, Amy's or Annie's products. They are fairly healthy. So stock up on frozen items that are health supportive. This day and age there are so many of them.

And they are much more accessible than in the past. Another easy thing to do is a bag of frozen vegetables and cook rice and have canned beans.. Very simple and highly nutritious and cost effective

>> ASHLEY REESE: Look at the five food groups. Fruits, proteins vegetables and meats and dairy. Meals don't have to be a great put together dish. It can be slices of cheese and lunch meats and fruits and vegetables. It can be a group of things that don't necessarily go together but sound good to you and you have in your pantry.

>> The other day for dinner I had grilled cheese and tomato soup. So you don't have to make anything elaborate. Anything that is going to be nutritious and something you enjoy too. Really important.

>> Great. We are going to open up to questions so make sure to type in your questions. So the first one is, this is a good one because I have this issue as well, in terms of crunching vegetables what do you recommend for people that have concerns about breaking their teeth.

>> ASHLEY REESE: I saw that and DI is a big thing that happens with OI. Kids and adults struggle with. So that is something I was going to bring up today for sure. So it doesn't have to be something crunchy. Vegetables,

even for me taste better if they are cooked. So cooking the vegetables instead of having the hard crunch can make it easier.

Also and Stefanie can put tips and tricks to this. But doing wet cooking with the meat is helpful like braising or Crock pot style so it is softer and more tender to chew

>> STEFANIE SACKS: Yes when we look at vegetables cucumbers are tender and tomatoes. So going for the softer vegetables may be an option.

>> Another question about milk and dairy. Is skim milk good to drink or regular milk? Earlier we talked about substitutes. Yogurt and things. Can you talk about that?

>> ASHLEY REESE: So it depends -- for me I individualize my recommendations. It depends what we are looking for. If we have a child struggling with growth because sometimes that happens with OI I would recommend whole milk or vitamin D milk, but if we are looking at someone that is struggling their weight leaning more towards the skim milk to reduce the fat content or maybe someone struggling with high cholesterol, bringing down the fat content in the milk can help. I am not exactly answering the question.

But you can decide what end of the spectrum you need to be on.

And the alternatives too. I said for the kiddos to match the protein content that is in a cow's milk. I recommend ripple. It is a pea protein milk.

Or a soy milk depending on how many other soy products you eat at the same time, would be the protein equivalent milk options that I recommend for the kids.

>> STEFANIE SACKS: I think Ashley did a great job answering that.

>> Okay great. So here is a question, what are your thoughts about snacking on popcorn?

>> STEFANIE SACKS: I love to snack on popcorn.

>> ASHLEY REESE: Hand to mouth thing too.

>> Popcorn is okay?

>> STEFANIE SACKS: As long as you are not pouring butter on it and a ton of salt. If you pop it, I don't know if you are popping it in the microwave or in a pan but if you are doing it on a microwave there are air popped options out there.

If it is in a pan I would put oil and salt

>> ASHLEY REESE: And I would put in a bowl. If we are eating it out of the bag we can eat the whole bag without knowing it so portion it out and put it into a bowl and that is you are eating for your snack and you can really enjoy it.

Be careful with popcorn if you have issues with DI.

>> Ashley we are going to share a recommendation list that you have, but is there portion information on the list for parent?

>> ASHLEY REESE: I don't have portion information on the list but I recommend -- now we are all home so hopefully we have measuring cups at home but that is a very American based style of cooking. Everyone has a hand right. So our hand is about the size of one cup. So 1 cup of fruit and vegetables. The size of your palm is the size of the meat we should be eating. The size of your thumb is about an ounce. So you can do an ounce of cheese or any of our spreads or dips or nut butters and things like that. Your hand is a good alternative to use.

>> I missed one question -- I was told buying fruits especially needing to be peeled, oranges, bananas -- et cetera are safer. Which makes sense but from a food safety perspective what are your thoughts?

>> STEFANIE SACKS: In general we can look at it in two ways. The fruits you have to peel, bananas, oranges, we are looking at fruits that themselves will not have the pesticide residue internally.

So that is positive from an environmental contaminant perspective. But in terms of what we are dealing with now, you are probably safer with foods we have to peel. But if we wash things and take the normal precautions I think we are fine.

>> Great. I would like to know what kind of vegetarian food you recommend for people with brittle teeth. Hard and chewy food is not easy to consume so what form can it be contained in looking at the vegetarian angle here?

>> ASHLEY REESE: I can say the types of food. So things like rice and beans, all plant based proteins are complimentary so putting them together is what is going to be best. So that is why we see Mexican dishes, we put the rice and beans together.

I would recommend doing that sort of thing. Legumes like nuts and seeds, that is not great for brittle teeth but peanut butter or a natural nut butter. Maybe one that doesn't have the actual peanuts in there so you are not crunching on the teeth. As well as the alternative milks can be a good source of protein. We have to think outside of the box.

Quinoa is a whole protein. You don't need to pair that with anything. There are a few.

>> STEFANIE SACKS: I am not a huge supporter of fake meats. Fake bacon or tofu hot dogs or soy pups they are called.

But I highly recommend tofu. So you can take it and sauté it in oil and some soy sauce and put that with rice and vegetables and that is a great way to get a balanced meal. Tempe, whole fermented soy beans. What I will do is sauté in a pan with oil.

And I will take BBQ sauce and put that in there and have that with rice. And that is a nice way to get protein with flavor.

The nut butters are a great way to get the protein on. The other thing too is, there are wonderful vegetable burgers. There is a brand called Dr. Pragers that you can get anywhere.

They make a vegetable burger made with whole foods. Instead of a burger that is highly processed, you can go with sort of a more whole foods vegetable burger and they are very soft so I would recommend that.

>> Is tuna packed in olive oil more nutritious than that packed in water.

>> ASHLEY REESE: It is something more concentrated in fat compared to something less concentrated in fat. The more saturated fat in there may raise cholesterol levels and it may influence your weight. But if you are looking for calories to promote good growth maybe in the kids then I would recommend doing the packed in oil. Depends on what you are looking for.

>> Someone asked about a site to check out the kind of food that can be good to help us. Some of the materials that Ashley and Stefanie prepared we are going to post on the website after this so you will be able to see those.

From Randy. Can you read the whole question? I eat as healthy as humanly possible.

>> Yes can you hear me -- I eat as healthy as humanly possible already I take wheat grass and ginger shots, try to be sure on vitamin D, C, zinc on top of other supplements. Are there any supplements you recommend on top of what we eat?

One doctor said elderberry, is there anything more supplement wise good to add as well?

>> STEFANIE SACKS: I will go with the food part of it. I am going to focus on gut health. That is where I am going to go. How to keep your gut as strong as healthy as possible. Eating fermented foods. So things like yogurt. Plain, or kimchi.

Kefir, that will keep your gut balanced. I just made -- I have a little yogurt maker and I made coconut yogurt by using coconut milk and putting probiotic capsules in there.

From a food perspective that is where I come in. And Ashley for the supplement aspect.

>> What do you mean by gut? Being regular? Or just --

>> STEFANIE SACKS: So your gut health, there is a tremendous amount of research today -- this day and age that links the health of the microbiome in your gut. So what scientists have been calling your gut, your stomach and intestines, is your second brain.

And so, the health of your gut is really an overall health determinant for you from an immune and metabolic perspective.

Because as Americans, we have bent towards a highly processed food diet and what has happened is gut health has suffered exponentially.

When you can clean up gut health, you can often times promote overall whole body health. So that is what particularly when you have -- so I live with auto immune disease -- so when you live with an auto immune disease -- keeping your gut strong and healthy is the foundation to keeping yourself feeling good.

And off medication and so on. So when I talk about gut health, I talk about the health of your digestive system. And it is called your second brain. So there are wonderful books out there that I am happy to provide links to. For those of you that want to read about gut health and how to keep your gut healthy.

>> Wonderful thank you. Ashley?

>> ASHLEY REESE: In regards to the supplements, I individualize it with every patient I see depending on what they are eating. For OI I can generally provide recommendations for calcium and vitamin D. Vitamin C is going to promote immunity. I am not an expert with Coronavirus, that may or may not be the case there but other than that I don't recommend much else. A lot of the things can have effects with medications.

So let your doctor know, let them know what you are taking to make sure it is not having adverse side effects with your medications

>> STEFANIE SACKS: One thing which is super important -- is that when I went through school I made a decision not to dive into supplements. That is not my area I don't recommend them I think you have to have highly schooled in them. The world of supplements is unregulated medication.

And you know you see something on the Dr. Oz show or read something in a magazine or see it on the news and then you go to GNC or CVS and before you know it you have a cabinet of supplements.

You have no idea why you are taking them and what the quality is and what the real dosage is. So I highly recommend that what you do, a great thing to do is work

with your doctor. There are also blood tests that can test certain vitamin and mineral levels. And get understanding with your doctor.

And team up with the doctor who is versed in the idea of gut health. And I will provide a lot of resources Tracy. To introduce the audience to these folks.

If they don't already know them -- but it is really important to do this in partnership and in collaboration with your current healthcare team.

It is not a free for all.

>> Thank you. Yes and supplements are expensive too so you want to take what is appropriate for you.

>> STEFANIE SACKS: They are expensive and there are places you can go if you choose to spend money on supplements you want to be getting high quality. Very important.

>> So someone had a question on liquid intake and water. What is the general rule. How much water or liquid should you consume in a day.

>> ASHLEY REESE: It is about 65 ounces or eight cups. But I individualize it and it is based on weight is how I do it. So it depends on the weight. Depending on how much your body needs to stay hydrated. You can monitor hydration through the color and smell of your urine and skin triggers. How tight your skin is. If you are feeling thirsty you are already dehydrated.

>> Eight cups for kids as well?

>> ASHLEY REESE: For kids it may be less. I recommend it to be against weight as well for kids. So making sure that you are talking with the dietician or talking with the doctor who will be able to give that that exact amount.

>> Um so Valerie is talking about struggling with my weight right now and I think the issue is -- we talked to this -- other people cooking for you.

And how -- so the question is I am struggling with my weight because I eat and eat. My boyfriend is the cook for me it seems like I can't control my eating habits since we have been isolated.

I think we can understand when someone is cooking for you, you don't have a lot of control. So any recommendations there? Meal planning? I don't know

>> ASHLEY REESE: The one thing I wanted to hit it before turning it to Stefanie. The explanation on why I keep talking about weight management and Val rear is hitting on it as well. There is a lot of talk about body positivity but there are medical reasons to make sure that you are within a healthy weight range for your body. For OI specifically, if you weigh too little --

The weigh I explain it to the kids is every bump or desk drawer or toe jam, you are going to end up with a fracture. But if you weigh too much, on the other hand it is more pressure and weight on your bones and joints.

Which can lead to pressure fractures so that is why we talk so much in OI about appropriate weight.

And again that is different for everyone. So there is not a set awesome number for every single person but that is why we talk about it.

Because the weight can affect how many fractures you are having and the whole goal is to have less fractures. Stefanie if you want to address the question

>> STEFANIE SACKS: Thank you Ashley. So I would ask Valerie, how is your boyfriend cooking for her?

Are there things she can talk about, say can we steam that broccoli versus sautéing it in butter? Or can we have grilled instead of breaded fried chicken? I don't know what the relationship there is in terms of what he is cook and the dialogue going on.

There is the option to speak up and say, can we bend this differently? I would guess that he is probably aware.

And in terms of -- and listen, this is really hard. Eating is so emotional. And this is a highly emotional time.

And for the same reason for everyone and for different reasons. That is why we started with the idea of forgiving ourselves.

But when you are living with OI, or you are living with any kind of chronic condition, there are things you have to think about that your average person doesn't have to think about. And that is just a way of life. It is a practice. Right now what we are all being asked to do is, as one of my colleagues said, retool. So how do we retool in these times?

It is about you know, setting a routine and sticking to the new routine and making decisions every single day that support your health.

That are going to help you. On the days you just can't, do forgive yourself. But get back to that routine.

While eating can seem to be a comfort and for most people, it is, for a lot of people it is.

Find other activities that comfort you. Do you like to draw or write or listen to music? Do you like to play cards? Board games? Vacuum. Hang out with the animals. The dog or cat.

Find substitution activities to take place of the eating. And it is a practice.

You are going to have to change the conversations that you are having with yourself. I talk to myself all the time. So -- yep.

>> ASHLEY REESE: And what I would kind of go off that with, I would say, making sure you stick to that routine. Wake up the time you normally wake up. Have what you normally have for breakfast. We don't need French toast and waffles every day because we are home and have the time.

Have your yogurt or what you normally have for breakfast. You don't have to go big or every meal. Maybe people like to cook and not only cook but they like to share their food with other people.

And that is okay sometimes. But reining it in and saying I love when you cook dinner and I love to sit down and enjoy dinner with you.

But for lunch let's have something light? Let's that I can make something smaller and having that open condition, bringing it back to what we normally do because keeping our fingers crossed, contingencies will get back to normal.

And we don't want to be so deviated off from the normal routine, eating, working, showering, we want to be able to integrate back to normal life

>> STEFANIE SACKS: I think another thing is, if you live with someone it is about keeping each other in check. It is very valuable.

I can tend to push myself. To have someone that is like you need to chill out. You have been moving like a motor boat all day.

So if we can list whether it is, if we live alone, enlist a friend to check in with or a family member. To kind of help you keep on track and encourage you.

Because when we are out in the world we have people who are touch points and who we connect with. Whether our medical team or in an academic environment or friends or family where you see people.

And they are like how are you doing. Let's do this together because I know that makes you happy. None of us have that in the same way right now. So it is, stepping back and looking at our resources and tapping into that.

>> So Ashley, this is probably a loaded question and one I did not talk to you about before, but in a day, for both of you, if I come to the end of the day and I have eaten this and had this much fluid it is a good day. What are the things I should be -- one protein -- there are so many different charts and whatever.

What is a good day for someone?

>> ASHLEY REESE: I am going to preface this by saying, this is, what I would recommend normally. What Stefanie said at the beginning, we have to forgive ourselves and maybe we are not able to get these things or cook these things.

Or maybe they came and went and we are not going to the store for another two weeks and no more fresh fruits and vegetables in the house.

This is what I would recommend normally, five fruits and vegetables a day. Trying to do more whole grains compared to the refined grains.

So think wheat bread compared to white bread. Brown versus white rice. Having good sources of protein and fiber. That is the fresh fruits and vegetables and your whole wheat as well as dairy and protein choices.

Every time you eat try to have a protein and something with fiber keeps you satisfied longer instead of reaching for the next snack.

I always tell the kids I can eat a whole bag of chips and not feel satisfied. By the end of the chips I am still hungry. It condensing into nothing in your stomach and you are left with the feeling of hunger.

So making yourself feel more satisfied and having bulky things with protein and fiber since it takes longer to absorb. Five fruits and vegetables, eight cups of water. Getting good sources of fiber and protein options and for OI getting your calcium and vitamin D through dairy sources, look for that by the end of the day

>> STEFANIE SACKS: Maybe what Ashley and I can do in the next few days is maybe come up with a general template of a plan that people can confer to and say okay, this is a good touch point for me, a good starting point for me to look at to reference.

>> That would be awesome. Great. Because we have the resources that we are going to share from you after the call too.

I don't see other questions. I did want to share with the group something that you all talked which I thought was interesting, for people living alone and you are isolating alone and you are used to being with friends.

And going out to dinner, you had cute ideas about zoom dinner parties and cooking together. Do you want to share those? I love those.

>> STEFANIE SACKS: It is really important. You can get to face time or zoom while you are and a friend are in the kitchen and you can socialize around meal preparation and you can literally be on camera eating together. So I think that you know, I am on a learning curve right now with the amount of technology I have to dive into.

And I think that we all are. But it is easy enough to do a face time and to connect with a friend. Other thing you can do, is if we are used to -- some people are used to going out to dinner right?

And maybe going out to dinner with friends. So order in, your friends you, order in from the same place and set up a camera and eat together. So being flexible and adaptable in that way and connecting that way and knowing it is okay. Sometimes I will face time a friend of mine as I do dishes to connect.

>> ASHLEY REESE: I thought that was perfect.

>> Okay so we don't have more questions but I would love for Ashley and Stefanie to have final words and the resources will be out. And the link to Stefanie's book which is fabulous is on there as well Ashley go first?

>> ASHLEY REESE: I did not have anything prepared. So -- we are all trying the best we can. Try your best to be social through virtual activity if you can. Keep up the normal routine.

I know I sound like a broken record but it is what gets us through each day so we can look forward to the next day and trying your best with food.

It is not going to seem normal and everyone needs to know that is okay. Everyone else even though you might be socially isolating is dealing with the same things across the nation and world

>> STEFANIE SACKS: Yes. I think I would leave you with two things -- next Wednesday and I believe you will get the link. I am going to be doing something called make the most of our pandemic pantries.

And it is going to be a virtual, on April 15 at 2 p.m. EST, a virtual demo and dialogue.

So from my kitchen to yours so if you have the can of beans you are not sure what to do with, I am going to be diving in deeper from a culinary perspective.

One thing we bring to our dinner table every night is a celebration of gratitude. I have two kids.

And each of my sons processes this in a different way as well as me and my husband. When we sit down to eat, even being home, all of us, we are not sitting down for formal dinner every night.

I love my family but I need time off sometimes.

So when we do sit down we do an activity, a mindful eating activity. We share the worst part of the day and the best part of the day and what we are grateful for.

Because we all have bad parts of our day and they have to be spoken about. We have good parts and at a time like this there are so many small miracles and blessing every day.

We want to try to hold on to that and share that with the people that we care about. So that would be from my heart to all of your hearts. And I am really honored and humbled for this opportunity to speak to all of you amazingly courageous humans.

>> Well many many thanks to you Stefanie and Ashley. I am looking -- it is so funny I am trying to make eye contact with people I know and we can't do that here.

But community members too have wonderful resources, I am looking at you Tony Jacobsen with your music and your positive coaching and your fitness.

So there are many of us in the community. So rely on each other. And Ashley and Stefanie's materials will be on our website soon.

And if there are no other questions, just --

>> STEFANIE SACKS: I don't want anyone to hesitate for a second to e-mail me. I know Ashley feels the same way. You will have our information. Please, reach out. Shoot us an e-mail. I am happy to get back to you.

>> ASHLEY REESE: Yes.

>> Wonderful. Okay. Well have a wonderful day. Stay safe and well. And we will be back with another one of these soon. Thanks everyone.