

Published in the public interest on the web at [www.salt-matters.org](http://www.salt-matters.org)

The **business address** of the Salt Skip Program is Queensland Hypertension Association Inc.  
PO Box 193, Holland Park, QLD 4121, E:[info@hypertensionqueensland.com.au](mailto:info@hypertensionqueensland.com.au)  
[www.hypertensionqueensland.com.au](http://www.hypertensionqueensland.com.au)

Use the **editorial address** when writing about the newsletter—see the panel on page 4.

## CSIRO Study: COVID-19's Impact On Weight And Emotional Wellbeing

**A new study by Australia's national science agency, CSIRO, has found that weight and emotional wellbeing has suffered throughout the COVID-19 lockdown, with Australians also feeling concerned about how long it will take for life to return to "normal".**

**The survey of nearly 4000 CSIRO Total Wellbeing Diet online community members found that respondents in the COVID-19 lockdown have indicated their rating for exercise is (66 per cent), emotional wellbeing (41 per cent) and their diet (36 per cent) had worsened to some degree, with two in five indicating they have gained weight during the outbreak.** CSIRO Behavioural Scientist and report author Dr Emily Brindal described the findings as reflective of the challenges that millions of Australians are facing as they struggle to maintain wellbeing amidst a significant lifestyle shift.

"Our analysis found that the COVID-19 outbreak has negatively impacted respondents' health and wellbeing," Dr Brindal said.

### **The Negative impacts:**

"According to our research there are clearly concerns around social connectedness, with 90 per cent of respondents feeling that there has been a negative impact on their ability to socialise and celebrate special events.

"Increased concern about finances and the certainty of the future also featured strongly, as restrictions ease and respondents adjust to a new normal."

### **Increase in snacking:**

Of the respondents who have gained weight during the COVID-19 outbreak, 61 per cent reported an increase in junk food consumption and 63 per cent reported an increase in snacking.

The research also showed that some personality types are finding this time more challenging than others.

"Almost 60 per cent of respondents reported a negative shift in their overall satisfaction with life," Dr Brindal said.

"This number was noticeably higher for those who were identified as highly extroverted, with this group seeing significant impact from the lack of social interaction.

"Those identified as highly emotional eaters also reported higher decreases in their average wellbeing levels than others."

**Protection = 1.5 metres Distance**

## CSIRO Study: COVID-19's Impact On Weight And Emotional Wellbeing ~ *Continued:*

### New Improved CSIRO Online Tools:

In light of the recent findings, the CSIRO Total Wellbeing Diet has launched a new and improved online program to now include positive psychology tools with a focus on boosting wellbeing and mood. Using the positive psychology research, the new online tools will help members to gain skills in optimistic thinking and guide them in daily practices that are scientifically validated to build positive emotions.

"The survey findings indicate a clear need for something to give Australians a mood boost as they emerge from lockdown and adapt to the new normal," Dr Brindal said.

"Lockdown has proven to be a time of both challenge and opportunity for Australians, with this 'global pause' allowing us to reset and rebuild as we look towards the future.

### CSIRO Support:

"The new wellbeing enhancement to the CSIRO Total Wellbeing Diet online lifestyle program will help Australians seeking reliable and trusted frameworks and support to help them improve their health and wellbeing during the current climate, and beyond."

Source: CSIRO Total Wellbeing Diet  
[www.totalwellbeingdiet.com](http://www.totalwellbeingdiet.com)

## Foodborne Microorganisms: Food Safety Global Research

With the COVID-19 pandemic threat, Australian consumers and industry want to feel confident that the foods they buy are safe to eat. [CSIRO's blog page](#) features an excellent article from Senior Food Microbiology Consultant, Cathy Moir, about the risks of respiratory coronavirus and food in your home. Here's a summary:

### What is the risk of getting COVID-19 infection through food?

There is no current evidence to suggest you become infected by *eating* the coronavirus. The virus is respiratory - transmitted mainly via nose and eyes and not a gastrointestinal virus. The acid in our stomach is expected to inactivate the virus.

### Should we be washing uncooked foods like fruit and vegetables more than usual?

CSIRO's blog advice is from both a practical and food safety perspective. Washing fruit and vegetables in fresh water just prior to eating is enough. This aligns with advice from the US Food and Drug Administration. *Please note* – hand soap or dishwashing detergent are not designed for direct use on food.

At this time of heightened concern, the best advice is to wash your hands with soap – before and frequently – when preparing food and handling food packaging. Washing your hands and not touching your face will minimise the risk of getting an infection after touching surfaces or food packaging.

Remember, there is no evidence to suggest you will get the respiratory coronavirus infection from eating food. Extra tips for cleaning fresh fruit and vegetables are available at [ABC TV](#).

### Should we be eating uncooked food, like fruit, vegetables and salads?

Yes, please continue to eat fresh fruit, vegetables and salads. There is no evidence to suggest you become infected from eating coronavirus. The best advice is to wash your hands with soap when preparing fruit and vegetables and to rinse fresh produce with water just before you eat it.

### What temperatures do viruses like to live in? Should we be refrigerating foods that we wouldn't normally?

Viruses don't 'live' or grow outside of their host, they merely exist until they are able to infect their next host. So there is no need to refrigerate food that you wouldn't normally.

### What is the risk of getting coronavirus from surfaces?

The coronavirus that causes the COVID-19 infection is a respiratory virus. It is typically transmitted via respiratory droplets. These come from coughing, sneezing or close contact with other people. Infection may occur if the virus reaches our mucous membranes – eyes, nose and airways or after we have touched a contaminated surface and then our face. Good personal hygiene is important to avoid infection.

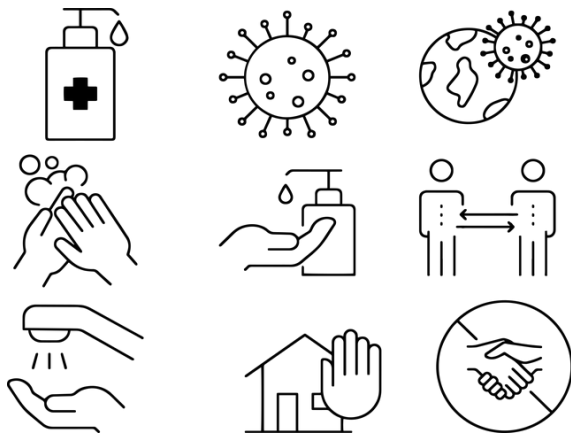
## Foodborne Microorganisms: *Food Safety Global Research~ Continued:*

### Three important things to remember:

1. Wash your hands properly and frequently. Including washing your hands when you get home and before preparing food, which you should do anyway.
2. Avoid touching your eyes, nose and mouth.
3. Sneeze and cough into your elbow or a tissue and put used tissues straight in the bin.

### How long does the virus survive on surfaces?

Coronaviruses can survive on surfaces for between hours and days. It depends on the type of surface, the temperature and humidity. Therefore we need people to focus on personal hygiene measures.



Washing your hands properly and frequently and not touching your face are key.

### What is your advice on freezing/ not freezing take away or leftovers?

Freezing is a good option for leftovers as it stops microorganisms from growing. Remember to date mark the container e.g. cooked/frozen on (date) so you know how old it is. When defrosting, move the food from the freezer to the fridge the morning or day before you need it. Or put frozen food straight from the freezer into the microwave or oven.

Source: <https://blog.csiro.au/coronavirus-and-food/>

**Wash Hands Frequently!**

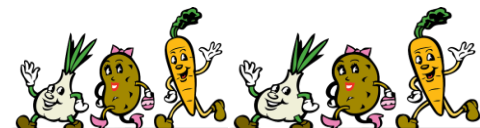
## Key Points In Planning Your Meals

To keep stress low in the kitchen, plan your meals in advance, a few days or a week in advance. This helps in deciding the menu for and the ingredients ahead of time. Keep these things in mind:

- **Balance:** Work in as many fruits and vegetables as you can. Protein (tuna, chicken, beans, nuts, seeds) will help you feel full longer.



- **Weather:** If it's cold, make warm meals, like soups or stews - a great way to pack in a variety of vegetables. Bonus: Big batches leave lots of leftovers to freeze.
- **Variety:** You'll get bored quickly if you do beans, rice, repeat. Think about themes or cooking styles to help you mix it up, including roasting, stir fry, BBQ, soups, pasta night for dinners and add in healthy breakfasts and lunches.



- **Leftovers:** You don't have to create an entirely new meal every day. Pick a few options for breakfast, lunch, and dinner and rotate them. If your food reserves allow, make double or triple batches of meals, and freeze the leftovers for later. (See Page 4 Recipe: Chicken & Broccoli Pasta).
- **Flexibility:** Pantry meals are very forgiving. Substitute one bean, vegetable, or grain for another and rely on your spice rack or fresh herbs to ramp up the flavour.

### Salt Skip News

Have you got a lifestyle tip, salt-free or low sodium recipe to pass onto other readers... Please email your tip or recipe to: [Malcolm.Riley@csiro.au](mailto:Malcolm.Riley@csiro.au)

**SALT SKIP NEWS**  
No 224

August 2020

Salt Skip Program  
editorial address:  
Malcolm Riley  
47 Coburg Rd, Alberton  
SA 5014

Email:  
Malcolm.Riley@csiro.au

**Salt Skip News** is distributed with The BP Monitor (QHA Newsletter)

**The BP Monitor and Salt Skip News** is published every 2 months, from February to December (6 issues a year). It is distributed by email and post to QHA Members, Salt Skippers, health professionals and colleagues.

**Salt Skip News** is printed by [Snap Printing, Felix Street, Brisbane.](#)



print design websites

# Creamy Chicken & Broccoli Fettucini



Left over roast chicken? Here's a simple way to combine pasta, veges, cream and the chicken! Tip: You could easily add your own favourite herbs and spices to this dish.

**Ingredients:**

- 375g packet Fettucine pasta
- 500g broccoli florets
- ½ cups frozen peas, thawed
- ½ leftover roast chicken, shredded
- 300ml carton cream
- Pepper
- Parsley to garnish

**Method:**

1. Cook pasta in a large saucepan of boiling water, following packet instructions (without adding salt).
2. Add broccoli to boiling pasta for 2 final minutes of cooking, followed by peas.
3. Drain pasta and veges, reserving ½ cup of cooking liquid.
4. Return pasta, veges and reserved water to saucepan.
5. Add shredded chicken and cream. Bring to a simmer on medium heat. Toss to combine.
6. Season with pepper and serve garnished with parsley.

**At Salt Skip News, we are always interested to hear from readers. Please send us your Salt Skip news, tips and salt-free or low sodium recipes... please email to [Malcolm.Riley@csiro.au](mailto:Malcolm.Riley@csiro.au)**

**BP Monitor with Salt Skip News** is published every 2 months, from February to December (6 issues a year). This newsletter is not a substitute for health and medical advice. Readers should always seek the advice of a qualified health professional regarding their health or a medical condition.

**Salt Skip Editorial Committee:** Prof Michael Stowasser (QHA President and Director, Hypertension Unit, University of Queensland Diamantina Institute, Princess Alexandra Hospital, Brisbane), RN Cynthia Kogovsek (Hypertension Nurse, Hypertension Unit, Greenslopes Private Hospital, Brisbane), Genevieve James-Martin, Gemma Williams (Dietitians, CSIRO Health and Biosecurity, Adelaide) and Fran Williams, (QHA Committee Member, Sunshine Coast). Text drafted (edited where other authors are named) by Dr Malcolm Riley, Nutrition Epidemiologist, CSIRO. Printed by Snap Printing, Felix Street, Brisbane.