

Coronavirus Has Brought Back Carbs!



This, straight from Food Network Magazine. I was reading my copy the other day and I came across this little article and was not surprised. Not *ONE* bit.

The coronavirus outbreak has proven what we've suspected for a while. We turn to carbs in a crisis. Sales of yeast were more than 300 percent higher in March 2020 compared to March 2019 (according to Nielsen) and foodnetwork.com saw the biggest boost in recipe searches for homemade bread, banana bread, and pizza dough. Companies have also seen spikes in demand for childhood favorites like Entenmann's doughnuts, Pop Tarts, Ritz and Triscuits. Goldfish sales have jumped 23%.



This is no shock. Some of those who are furloughed have little to do besides binge on Netflix. They want to do something besides sit around watching TV, so they are heading to the kitchen. And it makes sense. Many people eat to relieve stress or to get that “comfort” feeling. Unfortunately, when you are driven to eat based on emotions, you’re not always picky about what goes in your mouth. Some people are eating junk. Other people are just opening the refrigerator and going after the leftovers. Still others are trying to get creative and make something from scratch. Some have children to occupy so why not start letting them help in the kitchen?

I’ll admit it. I love comfort food. And I got sucked into the banana bread craze, too. I spent three weeks working to perfect a low carb banana bread recipe. Why I craved banana bread is anyone’s guess. Probably has to do with a childhood memory and stress relief.

Since Plan Z is a big supporter of making your own food, I’m happy people are back in the kitchen doing something besides baking a frozen pizza. They might not be making great choices by baking bread, but I bet their kitchen smells divine. Now if we could only get more people to realize that comfort food doesn’t have to contain sugar and starch. Plan Z recipes are proof that there are a lot of delicious meals you can make that will help you lose weight and get healthy.

Want to relieve stress? Stabilizing your blood pressure, lowering your A1C and staying out of the emergency room are great for stress relief, too.

Cheers,