



Comfort Foods

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A decorative border surrounds the central text area, featuring various food items in a stylized, hand-drawn manner. The items include carrots, cucumbers, tomatoes, and leafy greens, some with halved views showing seeds or internal structure. The background of the border is a light yellow color with small black dots and triangles scattered throughout.

01.

What are comfort foods?

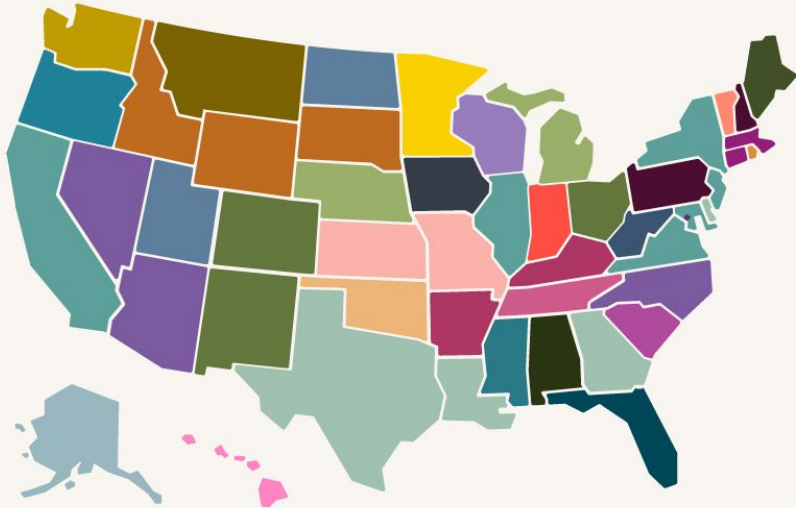
Comfort Foods are...

- Food that provides comfort, whether it be psychologically or emotionally
- Can be nostalgic or sentimental
 - A reminder of friends and family
- Different across countries because of cultural influences



Fun Little Infographic :)

THE TOP SEARCHED COMFORT FOOD IN EVERY STATE BASED ON GOOGLE TRENDS SEARCH DATA FROM 2020



| | | | | | |
|----|-----------------------|----|------------------------|----|---------------------------|
| AL | CHEESE GRITS | KY | CHICKEN AND DUMPLINGS | ND | MASHED POTATOES |
| AK | CINNAMON ROLLS | LA | FRIED CHICKEN | OH | CHILI |
| AZ | CHICKEN AND WAFFLES | ME | CHOCOLATE CHIP COOKIES | OK | PECAN PIE |
| AR | CHICKEN AND DUMPLINGS | MD | GRILLED CHEESE | OR | CORN CAKES |
| CA | Guesses? | MA | STRAWBERRY SHORTCAKE | PA | STUFFING |
| CO | CHILI | MI | CHICKEN NOODLE SOUP | RI | PIZZA |
| CT | STRAWBERRY SHORTCAKE | MN | SWEDISH MEATBALLS | SC | SHRIMP AND GRITS |
| DE | FRIED CHICKEN | MS | JAMBALAYA | SD | POT ROAST |
| DC | CHICKEN LO MEIN | MO | BAKED POTATO SOUP | TN | CHESS PIE |
| FL | CORNER BEEF AND HASH | MT | TOMATO SOUP | TX | FRIED CHICKEN |
| GA | FRIED CHICKEN | NE | CHICKEN NOODLE SOUP | UT | MASHED POTATOES |
| HI | CHEESECAKE | NV | CHICKEN AND WAFFLES | VT | BANANA BREAD |
| ID | POT ROAST | NH | STUFFING | VA | GRILLED CHEESE |
| IL | GRILLED CHEESE | NJ | GRILLED CHEESE | WA | SWEDISH PANCAKES |
| IN | BISCUITS AND GRAVY | NM | CHILI | WV | MEATLOAF |
| IA | MONKEY BREAD | NY | GRILLED CHEESE | WI | CHICKEN AND MUSHROOM SOUP |
| KS | BAKED POTATO SOUP | NC | CHICKEN AND WAFFLES | WY | POT ROAST |

02.

Comfort Foods and Stress



Stress

- Studies have shown that in times of stress, people crave sweets
- Other studies have shown that eating these high calorie (high in sugar and/or carbohydrates) can elevate moods
- Chronic stress also leads to **insulin resistance**





03. **Alternatives**



**Please share what
changes you have
made!**

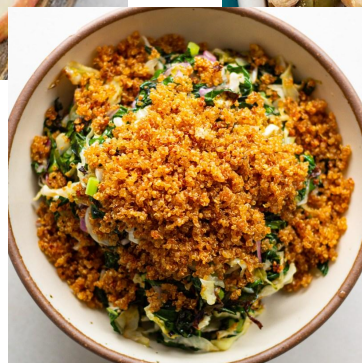
Beverage Switches



Low Carb Alternatives



Crunchy Snack? No problem!



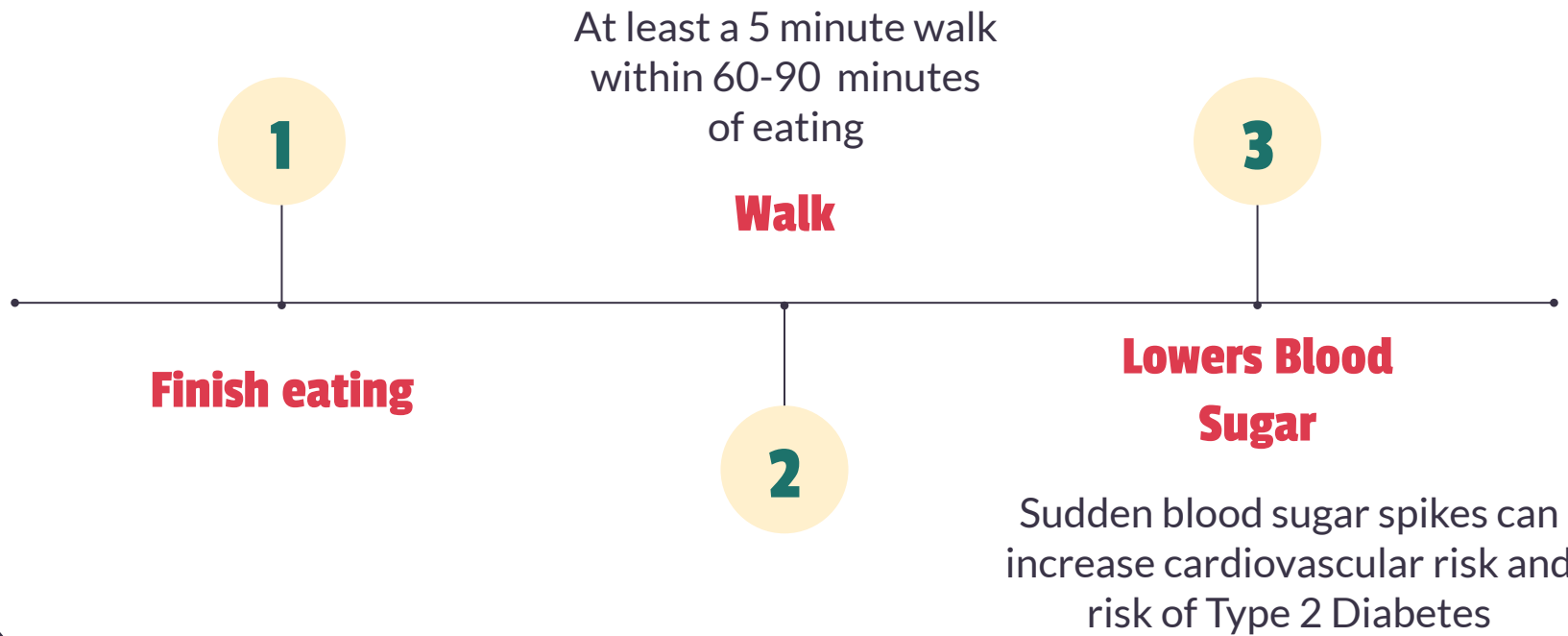
“We Have _____ at Home!”



The slide features a decorative border on a light yellow background. The border includes various food items like carrots, tomatoes, and cucumbers, as well as stylized green and orange bacteria. Some elements have a halftone dot pattern. The central text is on a white rectangular background.

04.

Additional Steps (Quite Literally)



Resources

- [Article on comfort food](#)
- [Comfort food trends across the United States](#)
- [Walking After Eating](#)