

Make **nutrition** your **ambition**



Good choices for a lifetime of health

There are many different approaches to nutrition, such as low-carb, low-fat, and glycemic index, just to name a few. But it's hard to know what's the best strategy for feeling and looking your healthy best. While a lot of these approaches can work, a good, old-fashioned balanced diet with thoughtful food choices is an easy way to make nutrients work in your favor. All you need are a few helpful ideas to incorporate into your daily lifestyle and you'll be well on your way to better health.

Set a goal today to make nutrition a top priority by making smart choices that can boost your vitality and longevity.

Get a taste of health

Cut out and carry this wallet-sized card and use it as an easy reference for healthy nutrition information and resources.

When you put good nutrition first, you'll be treating yourself to increased energy, improved mental alertness and optimal health.



Nutrition tips

You have the power to make healthy nutrition choices every day. Remember these basic building blocks for taking care of your health:

- Drink enough water each day
- Choose healthy snacks in 100-calorie or less servings
- Opt for healthy, low-fat meals at fast-food restaurants
- Use monounsaturated and polyunsaturated fats in your diet
- Check food labels for serving size/number of servings and nutritional content



**BlueCross BlueShield
of Illinois**



Healthy Choices

*you can make
each day*



Increase your brainpower about nutrition, and lots of other healthy lifestyle ideas, by visiting Blue Access® for Members at www.bcbsil.com.

Go with the grain

Choose whole grains, which are higher in nutrition and fiber and lower in fat than refined grains, like white rice or white flour. A high-fiber diet can help lower your risk of heart disease, cancer, diabetes and other disorders related to your digestive system. Good choices include bran flakes, oatmeal, whole-wheat toast, wild rice or barley, whole-grain breads, kasha and whole-wheat tortillas.

Wake up to breakfast

When the alarm clock goes off, your body's alarm also signals the need for nourishment. Refuel in the morning with a wholesome breakfast that provides complex carbohydrates, protein and a small amount of fat—a combination that delays hunger symptoms for hours. Whether you opt for traditional fare, such as yogurt, whole-grain muffins or cereal, or less typical foods like leftover vegetable pizza or a fruit smoothie, you can get the nutrients and energy you need to start your day.

Claim a healthy frame

Calcium plays an important role in maintaining bone density. Calcium alone cannot prevent or cure osteoporosis, but it is an important part of an overall prevention or treatment program. You can increase the amount of calcium in your diet by eating calcium-rich foods like low-fat milk, cheese, broccoli and others. Many foods are fortified with calcium and readily available and affordable.

Shake the salt habit

The average American consumes about six to 18 grams of salt daily. Your body actually needs only about 0.5 grams each day. Reducing the amount of sodium you consume may help you reduce or avoid high blood pressure. Reduce your salt intake by removing the salt shaker from the table, opting for low-sodium foods when eating out, using a salt substitute or other salt-free seasonings, and substituting fresh lemon juice to fish and vegetables.

Make five your winning number

Fruits and vegetables provide essential vitamins and minerals, fiber and other substances that are important for good health. To get your five a day, drink juice with breakfast or top your cereal with fruit, eat fruit or carrot sticks as a mid-morning snack, add a salad to your lunch, snack on a piece of fruit in the afternoon and include a vegetable at dinner.

Sources: National Osteoporosis Foundation; Mayo Foundation for Education and Research; Centers for Disease Control and Prevention

Resources for better nutrition

Need easy, practical answers to your nutrition questions? Set your browser to Blue Access for Members at www.bcbsil.com and click on the [Personal Health Manager](#) link. It's a one-stop-shopping approach to nutrition that's tailored just for you:

- Create healthy meal plans based on your specific calorie and food serving recommendations
- Ask registered dietitians for nutrition advice with Ask A Dietitian
- Access information on exercise, nutrition and lifestyle issues in the *For Your Health* section
- Get scrumptious recipes for healthful snacks, entrees, and even ethnic and holiday cooking

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