

# Nutrition FUNdamentals

## Less for success – foods to limit

Week 5

## Employee Guide

Eating added salt and sugar can be bittersweet. We love the taste, but too much isn't good for us.

Today's American diet is loaded with sodium, which is known to be a risk factor for high blood pressure. Table salt is made up of 40 percent sodium, and sodium is used in many processed and packaged foods and is a major component in baking soda.

Sugar is also added to foods in abundance, and we all know what too much of it can lead to—extra pounds. Typical names of added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose and syrup.

Of course you don't have to avoid foods having added salt and sugar entirely. Week 5 of **Nutrition FUNdamentals** provides you with tips and tools to learn how to limit sodium and sugar in your diet and still allow room for a few of your favorite treats.

### Week 5 handouts

[Putting a halt on too much salt](#)

[Beyond the salt shaker](#)

[Tips to cut back on added sugars](#)



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# Getting started



## Review the handouts for Week 5

Added sodium and sugar in foods can trip you up in planning a healthy approach to eating. This week's handouts will help you learn the ingredient names to look for on the Nutrition Facts label, and provide guidance on making reduced sugar and sodium choices.

## Take a sugar and sodium inventory

What types of foods are stocked in your kitchen? Now is a good time to check out the food labels on foods and beverages that you've been purchasing to see if you could be making better choices.

## Receive more tips from the Personal Health Manager

With the *Ask A Dietitian* feature, you can get great nutrition advice, such as answers to your questions about hidden sodium and sugar. Check out the *Articles & Recipes* section while you're there. You'll find the Personal Health Manager and other helpful online resources through Blue Access® for Members.

## Get your kids involved

Good health and nutrition are some of the most important things we can teach our children. But it can be a tough hill to climb, considering that intake of junk food is hard to control. Fortunately, practical help is available through the *Kids & Teens* section of the Personal Health Manager. Get started by clicking on the *Switch Family Members* button at the top of the Personal Health Manager home page (or click on the *Family Management* button in the *Manage* drop down menu bar), and select the child you'd like to set up a program for. Then, click *For Your Health* to create *Get Fit*, *Eat Right*, and *Live Well* programs tailored to that child.

You've almost completed **Nutrition FUNdamentals!** Next week is your final week, when you'll learn about making good food choices to keep you on track for healthy success.

