

# Nutrition FUNdamentals

## Program wrap-up

Week 6



## Employer Guide

Congratulations! You are helping your employees complete the final week of learning to eat healthy. **Nutrition FUNdamentals** has introduced them to portion sizes, understanding food labels, and the impact of sodium, sugars and fats on health and weight management.

In this final week of the program, your employees will learn additional skills for making healthy food selections, whether at home or dining out. Healthy eating plans begin with making healthy choices, such as limiting dietary fats and choosing monounsaturated fats when possible, cooking meals from healthy low-fat recipes and selecting healthier options from restaurant menus.

### Week 6 Handouts

**Wise up and slim down with good food choices** – Cut back on fats and protect your heart and your waistline.

**Eat out, eat healthy** – It can be done!

**Recipe for good health** – Most recipes can easily be altered by substituting healthier ingredients and varying your cooking technique.

**Nutrition FUNdamentals Program evaluation form**



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# Steps for success



## **Applaud your employees as they complete the last week of Nutrition FUNdamentals**

Praise them for taking a healthier approach to food choices for meals and snacks.

## **Distribute Week 6 handouts**

Provide a quick summary of the Week 6 topics—making better food choices when eating out and healthy recipes.

## **Promote the online resources from Blue Access<sup>®</sup> for Members**

Your employees can use the Personal Health Manager's *Eat Right* nutrition planning tool, which provides helpful fast food options for personalized menus. Plus, the *Articles & Recipes* feature offers a wide variety of healthy, delicious recipes.

## **Coordinate a hands-on activity**

Suggest that employees compare healthy choices on menus at several fast food restaurants and select healthy choices from the menus. Ask employees to bring in the nutrition guides from fast food restaurants or the restaurants' Internet sites. Highlight the healthier options, then post nutrition guides on bulletin boards so everyone can see the information.

## **Evaluate and congratulate**

Ask participants to complete the program evaluation form. Once you receive the completed forms, distribute the program completion certificates to your employees.

Although **Nutrition FUNdamentals** has ended, your employees can take the knowledge and tools they have gained and apply healthier eating to their lives long term. As they complete the program, encourage them to stay committed to taking care of themselves. And remind them to visit Blue Access for Members often to check out the latest resources on nutrition and other health and wellness tools.