

Nutrition FUNdamentals

Exploring the pyramid

Week 1



Employee Guide

Week 1 of **Nutrition FUNdamentals** is here, so let the fun begin! You are getting ready to embark on a journey that will end in a very rewarding destination: good nutrition. Remember, eating healthy is not about dieting; it is a way to improve your health. Consistently eating a balanced diet that is low in saturated fats and trans fats and includes whole grains, fruits, vegetables, and good fats (such as olive oil) will lower your risk for disease.

Being physically active along with eating a nutritious diet will improve your health even further. Regular physical activity significantly helps reduce the risk of many chronic conditions.

Week 1 handouts

Journey inside MyPyramid – Take a trek and find eating tips for better health.

The facts about fats and oils – Limit the amount of fat you consume to balance calorie intake.

Focus on fruits – Fruit is a delicious, sweet treat that's packed with nutrients.

Vary your veggies – A variety of vegetables will give your vitality a healthy kick.

Make half your grains whole – Any food made from wheat, rice, oats, cornmeal, barley or other cereal grain is a grain product.

Go lean on protein – Learn how to keep protein choices lean.

Milk calcium for all it's worth – You can help reduce the risk of low bone mass with a diet rich in milk and milk products.



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Getting started



Review the information in the handouts

The handouts will introduce you to *MyPyramid* to help you become more knowledgeable about the food groups and how to make the best choices from them. The handouts also include an adult worksheet, where you can track your food choices, and a child worksheet, should young family members wish to participate in this program.

Prepare your kitchen

Your kitchen can be your friend—or foe—when it comes to your nutrition plan. Now is a good time to make a fresh start by cleaning out any “junk foods” that pose a temptation. Replace these foods with wholesome choices that you can reach for when you are preparing meals or during snack time.

Review your eating habits and make changes toward a more healthy diet

Once you are aware of nutrients that may be missing in your diet or other ways that your eating is out of balance, you can begin to make a few small changes toward a more healthful diet. For example, simply adding a serving of yogurt as a snack might be enough to meet your recommended daily milk servings allotment. Adding a sliced banana to your cereal will take care of a fruit serving.

Visualize success

A positive attitude is a key factor in your healthy eating plan. If you picture success, there’s a good chance you will see positive results from participation in this program.

Visit Blue Access® for Members at www.bcbsil.com

The Personal Health Manager available to you at Blue Access for Members is your convenient, easy to use “sidekick” that can provide you with creative and fun-filled ways to approach your nutrition plan along the way. Just click on *My Health* to explore all of the resources available.

Next week you will boost your knowledge about portion sizes and following a sensible eating plan. Until then, have fun and eat healthy!