

Nutrition FUNdamentals

Exploring the pyramid

Week 1



Employer Guide

Week 1 of **Nutrition FUNdamentals** is here, so let the fun begin! Your employees are getting ready to embark on a journey that will end in a rewarding destination: good nutrition. This program will help them understand that eating healthy is not about dieting. It is a lifestyle—a way to improve 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 risk for disease.

Week 1 handouts

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

The facts about fats and oils – The amount of fat you consume needs to be limited to balance total 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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Steps for success



Create a campaign

Introduce **Nutrition FUNdamentals** to employees via employee meetings, e-mail announcements, your intranet site or fliers posted in high-traffic areas.

Distribute Week 1 handouts

Introduce employees to the benefits of a healthy diet, its importance, and *MyPyramid*, an online personalized approach to healthy eating from the U.S. Department of Agriculture (www.mypyramid.gov). The handouts also will teach the employees how to use the adult and child food planning worksheet.



Schedule walks during employee lunch breaks

Your employees will benefit from knowing that being physically active along with eating a nutritious diet will improve their health even further.

Promote online tools and resources

Encourage your employees to visit Blue Access® for Members and use the Personal Health Manager's *Eat Right* nutrition planning tool. Remind employees that it's a great way to earn Blue PointsSM.

Put Nutrition FUNdamentals into practice

Consider holding a pot luck lunch and encourage everyone to bring a dish that represents one of the *MyPyramid* food groups. You may want to have a drawing in which employees select one of the food group items to bring.

Next week employees will boost their knowledge about portion sizes, a key factor in managing their weight, and following a sensible eating plan. Until then, have fun and eat healthy!