

Nutrition FUNdamentals

Launch

Employee Guide

Congratulations! You have made a positive step toward healthier living by choosing to participate in the **Nutrition FUNdamentals** program. The next six weeks will be filled with fun and practical strategies that encourage you to eat healthier by enjoying a variety of nutritious foods.

Nutrition FUNdamentals will provide you with easy-to-use tactics and knowledge you can use to make smart nutrition a way of life, now and in the future.

The **Nutrition FUNdamentals** program is divided into the following six weekly sessions that cover topics vital to healthy eating and weight management:

Week 1 – Exploring the pyramid

Learning the importance of food groups using *MyPyramid*

Week 2 – From portion distortion to smart size

Understanding serving sizes and how portions have changed

Week 3 – Learning the label lingo

Using food labels for smart nutrition planning

Week 4 – Mastering the label lingo

Enhancing your knowledge about the parts of food labels

Week 5 – Less for success—foods to limit

Including sugar and sodium in moderation

Week 6 – Program wrap-up

Rewarding your efforts for program completion



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Getting started



Glance through all Week 1 materials for next week

Develop your nutrition goals and write them down.

In a journal, record food you consume

Writing down what you eat for a few days is a good way to better understand your eating habits. This exercise will make you more aware of eating patterns that can be fine tuned to help reinforce healthy nutrition habits that you are already practicing.

Familiarize yourself with the Personal Health Manager from Blue Access® for Members

During the course of the program, some of your handouts will include references to helpful resources, tools and healthy recipes that are available to you by logging on to www.bcbsil.com. When you visit the site, you will find additional information that will boost your knowledge and confidence needed to help you reach your nutrition goals. For starters, take the *Health Risk Assessment*, a simple, confidential tool to help you check your health status.

Sign your Personal Contract

By signing this contract you've made a commitment to better nutrition. Be sure to include a clearly defined personal goal for this program such as, "I want to increase my daily servings of fruits and vegetables and limit junk food." Just as important as stating your goal is writing down why you want to do it. Perhaps you want to improve your health and have more energy. Place your contract where it is visible to remind you of your goal. By following a sensible nutrition program, you are taking a positive step toward achieving optimal health.