

We're putting the **FUN**
in healthy nutrition



Enroll now in Nutrition FUNdamentals

Searching for a simple, healthy approach to nutrition? It's now available with **Nutrition FUNdamentals**, offered to you by Blue Cross and Blue Shield of Illinois. This six-week program serves up easy-to-use strategies by providing informative handouts that also include links to tools and resources from Blue Access® for Members at www.bcbsil.com. You'll learn about:

- Food groups and a balanced nutrition plan
- Overcoming portion distortion
- Reading and understanding food labels
- Making healthy food choices
- Other nutrition tips for lifelong success



We'll spell out the ABCs of nutrition with a variety of helpful program handouts and activities. Get started now, and let the FUN begin by learning steps to personalize your healthy nutrition plan!



**BlueCross BlueShield
of Illinois**

Experience. Wellness. Everywhere.™

48714.0408