



Face Up to Your Health!

Make the right food choices – whether it's a mid-afternoon snack or a meal. Our three 'foodies' will help you. To make a better snack decision, match their color to the colors on the snack machines.



Lucy has a happy face. She always gets a **GREEN** snack and **GREEN** means Go, Good, Yes, Right on, You go Girlfriend!

Mortimer's face is thoughtful as he chooses a **YELLOW** snack. **YELLOW** means

CAUTION, Could be better, Just this once, Maybe I shouldn't.



Chester has a sad face. He knows he shouldn't but he often picks a **RED** snack. **RED** says Hello???, Wrong!, No!, Don't do it, brother!

Now that you understand our **'FOODIES'** whose snack will you pick?



BlueCross BlueShield of Illinois

