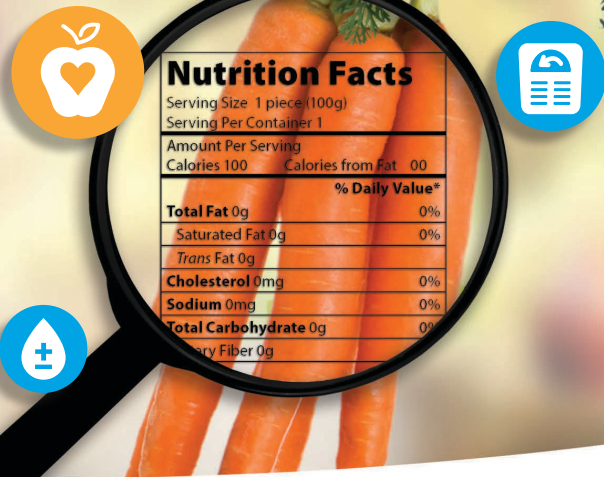


EAT SMART

TIPS FOR CHOOSING NUTRITIOUS FOODS



Getting the right nutrients can help you to manage your weight, increase your energy and avoid health conditions such as high blood pressure, diabetes and heart disease. Here's how to make smart food choices.

PICK THE WINNERS

Choose whole, natural and unprocessed foods for the most nutritional value. Read food labels for nutrient content. Eat a wide variety of foods.

Fruits and vegetables are loaded with vitamins, minerals and fiber. Fill half of your plate with fruits and vegetables. Choose whole fruits and vegetables, rather than juice, for fiber. Buy them in season, when they are fresh, ripe and affordable. In the "off" season, buy them frozen. Packages marked USDA "U.S. Fancy" have the most nutrients.

Whole grains are a whole lot better. Breads, pasta and cereals made with whole grains are high in complex carbohydrates and fiber. Oatmeal, quinoa, brown rice and bulgur help fill you up, control weight and reduce the risk of digestive disorders, high cholesterol and diabetes.

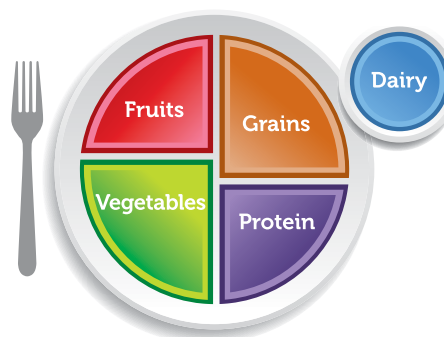
Nuts and seeds have it all. A handful packs a powerful punch of nutrients and healthy fats, to lessen inflammation and provide filling fiber, protein and immune-boosting minerals.

Beans and legumes are low in fat and high in fiber, protein, vitamins and minerals. They provide a low-cost protein alternative to meat and dairy.

Meats, poultry and fish are primary protein sources. Limit red meat. Choose skinless poultry and oily fish. Fill only a fourth of your plate with protein.

Dairy products contain calcium for bone health, plus potassium, vitamin D and protein. Choose fat-free or low-fat products.

Oils provide essential nutrients. Choose unsaturated fats, such as olive oil, sesame oil and canola oil.



Adapted from USDA choosemyplate.gov.



CHOOSE YOUR FOOD WISELY

Choose your food wisely. Talk to your doctor or call a Blues On CallSM health coach at 1-888-BLUE-428 (1-888-258-3428) about ways to eat smart.

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