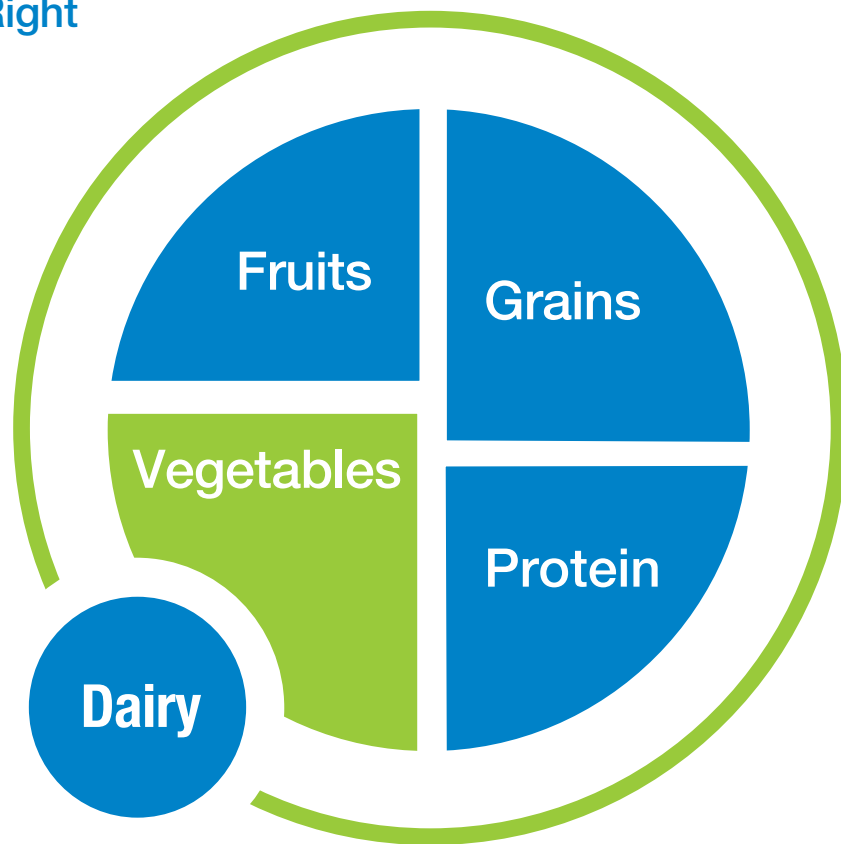


Know Your Nutrition: What's on your plate?

Eating a healthy, balanced diet is important for our well-being. Our bodies require a variety of foods to help give us a healthy amount of the vitamins, minerals, protein, and energy we need, making it a challenge to know what and how much we should be eating. A healthy diet also helps prevent chronic conditions such as diabetes, cardiovascular disease, and obesity.

Finding the Right Balance with MyPlate



The United States Department of Agriculture's (USDA) MyPlate program, dedicated to helping people learn about their own nutritional needs, suggests that you use their healthy plate guidelines to ensure you're eating a balanced diet.¹ **To learn about your individual nutritional needs, visit myplate.gov.**

1. choosemyplate.gov



Nutrition Quick Tips

Use these tips to help choose your meals throughout the week:²

Vegetables

Eat more red, orange, and dark-green vegetables.

Fresh, frozen, and canned vegetables all count toward vegetable portions.

Add beans or peas* to salads for an additional portion of vegetables.

Grains

Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.

Check the ingredients list on the label for, “whole” or “whole grain” before the grain ingredient.

Choose products that name a whole grain first on the ingredient list.

Fruits

Use fruits as healthy snacks while on the go.

Buy fruits that are dried, frozen, or canned in water or juice.

Select 100% fruit juice when choosing juices.

Dairy

Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and essential

nutrients with less fat and calories.

Top fruit salads and baked potatoes with low-fat yogurt. If you’re lactose intolerant, try lactose-free milk or fortified soy milk instead.

Protein

Eat a variety of protein-rich foods each week like seafood, beans and peas,* lean meats, poultry, and eggs.

Try to eat seafood twice a week.

Choose lean meats and ground beef that are at least 90% lean.

*Beans and peas are both proteins and vegetables.

Know the Facts

- Only about 21 percent of adults consume the recommended amounts of fruits a day³
- About 1/3 of adults consume the recommended amounts of vegetables a day⁴
- By eating at least five servings of vegetables and fruits a day, you can reduce your risk of stroke and heart disease by 30 percent⁵

For more information on healthy eating, visit the following resources:

ChooseMyPlate
choosemyplate.gov

USDA Food and Nutrition
usda.gov/topics/food-and-nutrition

For tools, tips, and information on healthy living, go to **ahealthyme.com/login** to sign up for an account today.

2. choosemyplate.gov/downloads/mini_poster_English_final.pdf

3, 4. cdc.gov/media/pressrel/2009/r090929.htm

5. hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/

Blue Cross Blue Shield of Massachusetts complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Services at the number on your ID Card (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: 711). ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: 711).

© Registered Marks of the Blue Cross and Blue Shield Association. ® Registered Mark of the Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO, Inc. © 2017 Blue Cross and Blue Shield of Massachusetts, Inc., and Blue Cross and Blue Shield of Massachusetts HMO Blue, Inc. 15777M

55-1643 (9/17)



MASSACHUSETTS