



HEALTHY EATING AND NUTRITION

We want to help you and your family eat right and make healthy choices every day.

WHAT'S ON YOUR PLATE IS IMPORTANT

Most people know that a healthy diet is one of the keys to living a healthy life. But what exactly does that mean? According to national dietary guidelines, that means having a well-balanced plate, full of nutrients.

Every choice we make about what we eat and drink matters. Follow these recommendations to eat healthier.



Half of your plate should be fruits and vegetables—focus on whole fruits and vary your veggies



At least half of the grains you eat should be whole grains



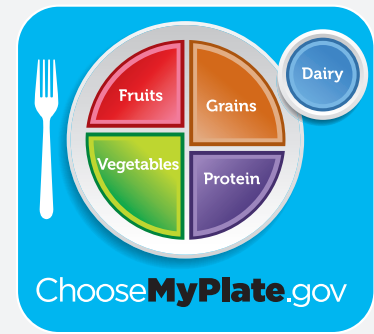
Mix up your protein routine



Choose low-fat or fat-free dairy



Drink and eat less sodium, saturated fat and added sugars



GET EXPERT NUTRITION GUIDANCE

As a member of the Blue Cross and Blue Shield Service Benefit Plan, preventive care, including annual physicals, screenings and nutrition counseling services, is covered in full when you visit a Preferred provider.

MAKE HEALTHIER FOOD CHOICES TODAY

To learn more about eating right and the national dietary guidelines, visit choosemyplate.gov.



YOUR HEALTH GOALS*

The Blue Health Assessment (BHA) is a snapshot of your current health. It's the starting point for taking charge of your health. Get started at fepblue.org/bha.

Once you take the BHA, you can set goals with the Online Health Coach. The Online Health Coach encourages you to complete manageable activities that help you achieve your health and wellness goals. You can set goals related to nutrition, exercise, weight loss and more.

HEALTHY RECIPES ON MYBLUE®

When you sign up for a MyBlue account, you get member-only health and wellness resources. You also get access to great-tasting, healthy recipes—everything from meals with more whole grains to low-fat desserts.

If you're already registered for an account, log in today at fepblue.org/myblue. If you need to register, visit fepblue.org/signup. You'll find great recipes like this one located under the Health Tools tab on the MyBlue homepage.



Sunshine Lemon Smoothie

Prep time: 5 minutes Yield: 4 servings

Ingredients

- 2 cups skim milk
- 2 cups low-fat lemon yogurt
- ½ cup ice
- 3 tablespoons powdered lemonade mix

Preparation

1. In a blender, combine all ingredients and blend until the mixture is smooth and creamy.
2. Serve in a tall glass and garnish with lemon wedge or zest if desired.

Nutritional Information

Per serving: 180 calories, 10 g protein, 32 g carbohydrates, 2 g fat (1 g saturated fat), 10 mg cholesterol, 30% Daily Value of calcium, 140 mg sodium



Follow fepblue for family-friendly recipes and even more ways to eat healthy.

**You can earn incentive rewards if you are the contract holder or a covered spouse on a Standard or Basic Option plan.*

This information is not meant to substitute the advice of your doctor or any other healthcare professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (Standard Option and Basic Option: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

The Blue Cross and Blue Shield Service Benefit Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Para obtener asistencia en español, llame al servicio de atención al cliente al número que aparece en su tarjeta de identificación.

請撥打您ID卡上的客服號碼以尋求中文協助。

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