

HealthyOptions

WINTER 2012

One Step at a Time to Wellness

Recent research shows that like physical activity, willpower uses energy. This may explain why making one healthy change at a time typically works better than taking everything on at once. Simple changes in your home can make healthy choices easier too. For instance, move high-fiber snacks such as granola bars to the front of the shelf. On days you plan to exercise, lay your gym shoes and workout clothes out as a visible reminder.

Simple Steps You Can Take Today

- Start each day with a healthy breakfast—it can boost your energy and help control weight.
- Cook with or use a butter substitute instead of butter.
- Add canned or frozen vegetables to pasta sauce.

February is American Heart Month



Give your heart a present. Whether it's losing weight, exercising more, or quitting smoking, things you do today give your heart a boost now and in the future.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

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What Makes Food Better for You?

The food coupons you find in this package meet standards that are based on USDA guidelines. You can use these same standards to pick out better-for-you foods any time you shop.



Sodium	480 mg or less per serving
Saturated fat	2 grams or less per serving
Trans fat	Zero grams
Cholesterol	95 mg or less per serving and per 100 grams
Snack foods	Less than 35% sugar by weight
Desserts	No sugar added or labeled as reduced in sugar

Help Reading Nutrition Labels

They might look confusing but once you know what to look for, a nutrition label is a great source of information.

- **Serving size**—Pay attention to how many servings you actually eat.
- **Daily Values** are based on a daily diet of 2,000 calories
- **5% or less is low.** Look for low fats, cholesterol and sodium.
- **20% or more is high.** Look for high fiber, vitamins A and C, calcium, and iron.

Is It Really Free?

“Calorie free” means less than 5 calories. “Fat free” means less than 0.5 grams of fat. “Sugar free” means less than 0.5 grams of sugar. If you eat multiple portions of anything labeled “free,” these things can add up.

Nutrition Facts

Serving Size 3 oz. (85g)

Servings Per Container	12	
Calories 150	Calories from Fat 70	
	% Daily Value	
Total Fat 7g	11%	
Saturated Fat 4g	20%	
Cholesterol 0g	0%	
Sodium 160g	7%	
Total Carbohydrate 14g	5%	
Dietary Fiber 8g	32%	
Sugars 1g		
Protein 10g		
Vitamin A 10%	Vitamin C	10%
Calcium 2%	Iron	0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg

Don't Forget...



PLAN MEALS AHEAD OF TIME AND USE A SHOPPING LIST TO SAVE MONEY AND CALORIES.

PRODUCE

Tip: Shop for Colorful Foods ...

to get more vitamins and minerals. Leafy green vegetables contain folic acid, which can protect from heart attack and stroke. The orange of carrots means they have Vitamin A.

MEAT AND FISH

Tip: Shop for the Right Sizes ...

to keep from overeating. A heart-healthy serving of meat or chicken is about the size of a computer mouse, and a serving of rice or other grains should be baseball-sized.

GRAINS AND BREADS

Tip: Fill Your Basket with Fiber ...

and you'll fill your belly without filling out. Your body doesn't absorb this nutrient found in fruits, vegetables, and whole grains. Instead, it takes up room in your stomach and digestive tract, keeping you full until the fiber passes out of your body.

PANTRY ITEMS

Tip: Snack on Long-Lasting Foods ...

and you'll eat less during the snack. Nuts and seeds like unsalted pistachios and sunflower seeds that take some work to shell can take longer to eat, giving your stomach a chance to tell your body that you're full.

PRODUCE

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MEAT AND FISH

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DAIRY AND EGGS

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GRAINS AND BREADS

- Dreamfields pasta 
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-
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GROCERY/PANTRY

- Benefiber 
- Vitamins 
- Voortman sugar-free cookies 
- Weight Watchers ice cream 
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BEVERAGES

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BETTER-FOR-YOU RECIPE

LOW
CHOLESTEROL

LOW
SODIUM

HIGH
PROTEIN

Chicken Club Salad

SERVES FOUR

- 1 cup uncooked whole wheat, small pasta such as macaroni or rotelle
- 6 cups well washed and torn romaine lettuce or spinach
- 2 cups chopped vegetables (green pepper, celery, cauliflower florets, cucumber, carrots)
- 2 cups chopped tomatoes
- 1 ½ cups cooked, skinless chicken breast, cubed
- ½ cup low-fat Italian dressing
- 1 hard cooked egg (optional)
- ¼ cup reduced fat cheese, shredded

1. Cook pasta according to package directions; drain and cool.
2. Place 1 ½ cups of the romaine in each of 4 large bowls or plates.
3. Combine chopped vegetables, chicken, and pasta.
4. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
5. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

Nutrition Information Per Serving:

270 calories, 6g total fat, 1.5g saturated fat, 0g trans fat, 50mg cholesterol, 380mg sodium, 29g carbohydrate, 6g fiber, 6g sugars, 24g protein

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SHOP SMART

Get to know your grocery store and avoid the aisles where you tend to cave in to temptation.



SAVE MONEY

Put these coupons in your bag now so you'll have them the next time you shop.



LIVE WELL

Set realistic goals and take healthy changes one step at a time.