Better Nutrition Every Day

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**WHY FOCUS ON BETTER NUTRITION?**

March is National Nutrition Month®. Food is the fuel that provides us with the nutrients (vitamins, minerals and other compounds) our bodies need to function and thrive. Smart food choices can have both immediate and long-lasting health benefits for you and your family.

**WHAT’S THE PROBLEM?**

* Too much added sugar can lead to health issues like weight gain, obesity, type 2 diabetes and heart disease. Added sugars should account for less than 10 percent of a person’s total daily calories.1
* According to the Centers for Disease Control (CDC), 87 percent of Americans do not meet vegetable intake recommendations, and 76 percent do not meet fruit intake recommendations.2
* About half of all American adults have one or more preventable chronic diseases, many of which are related to a poor-quality diet and lack of physical activity.3

**WHAT CAN I DO?**

**Talk to your doctor** – during your annual physical exam or NOW if you are ready to make a change. Or speak with Registered Dietitian Nutritionist to get a dietary program that is right for you. To find a Nutritionist near you:

* For HBC medical plan participants, go to [www.MyCigna.com](http://www.MyCigna.com), click on Find a Doctor, and search for an in-network Nutritionist/Dietician in your area.
* Non-medical plan participants, go to [www.eatright.org](http://www.eatright.org) and click on Find an Expert. Enter your Zip Code to search in your area.

Healthy Eating resources are available to HBC associates who participate in HBC’s medical plans. Go to [www.MyCigna.com](http://www.MyCigna.com), then click on *Find Health Advice*, or go to the links provided below to do your own research. There is not one right diet for everyone, so make sure you do your research and talk to professionals.

**Make healthy food choices** – this can be a lot easier than you may think! The GO, SLOW, WHOA approach shown below is an example of one simple method that may work for you.

* GO Foods - Focus your diet on GO foods. They have lots of nutrients and are low in unhealthy fats, sugar and calories. GO foods include vegetables; fruits; whole-grain cereals, breads and pastas; milk, yogurt and cheese; fat-trimmed and lean meats; fish; beans and water.
* SLOW Foods - Eat SLOW foods occasionally. They are higher in calories and provide moderate or low nutritional value. These include nonwhole-grain bread, rice and pasta; peanut butter; granola; pretzels, dried fruits and fruit juices.
* WHOA Foods – Eat WHOA foods only occasionally. They are high in calories and provide very low or no nutritional value. — Foods like french fries, doughnuts, hot dogs, fried fish and chicken, candy and soda.

Try this method when food shopping so you have great choices available at meal times. Read food labels to ensure that a healthy-sounding option really is healthy. For example, “low-fat” foods aren’t necessarily healthy, as they can be high in sugar and calories. You can also use this method when you are eating at a restaurant or grabbing a meal on the go.

**ONLINE RESOURCES**

*Find free information on nutrition at:*

* Eat Right: [https://www.eatright.org/food](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AOA%3A%3AaHR0cHM6Ly93d3cuZWF0cmlnaHQub3JnL2Zvb2Q_X2NsZGVlPWEyRnlaVzR1YzIxcGRHaEFkWE5wTG1KcGVnJTNkJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtYjAzZDZlMTU2ZDljZTIxMWJlNmMwMDUwNTZiNDAxMDktNjBhZDMxNGNiNGI1NDczYmE3YjJkZjIxMGQwY2Q5MjAmdXRtX3NvdXJjZT1DbGlja0RpbWVuc2lvbnMmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249JTI4TmF0aW9uYWwlMjklMjBNYXJjaCUyMDIwMTglMjAtJTIwUG9wdWxhdGlvbiUyMEhlYWx0aCUyME5ld3NsZXR0ZXImZXNpZD05MmM1ODQ2Zi0yZDFjLWU4MTEtODEyZi1lMDA3MWI2YWYxNDE&K=xGRtQZQt3Vyx8HI5Ly6AFQ)
* Cooking Matters: [https://www.cookingmatters.org/](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3ANg%3A%3AaHR0cHM6Ly93d3cuY29va2luZ21hdHRlcnMub3JnLz9fY2xkZWU9YTJGeVpXNHVjMjFwZEdoQWRYTnBMbUpwZWclM2QlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMCZ1dG1fc291cmNlPUNsaWNrRGltZW5zaW9ucyZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj0lMjhOYXRpb25hbCUyOSUyME1hcmNoJTIwMjAxOCUyMC0lMjBQb3B1bGF0aW9uJTIwSGVhbHRoJTIwTmV3c2xldHRlciZlc2lkPTkyYzU4NDZmLTJkMWMtZTgxMS04MTJmLWUwMDcxYjZhZjE0MQ&K=VBToaknd_fi4_4PtgLRHGQ)
* American Diabetes Association: [www.diabetes.org](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3ANw%3A%3AaHR0cDovL3d3dy5kaWFiZXRlcy5vcmcvP19jbGRlZT1hMkZ5Wlc0dWMyMXBkR2hBZFhOcExtSnBlZyUzZCUzZCZyZWNpcGllbnRpZD1jb250YWN0LWIwM2Q2ZTE1NmQ5Y2UyMTFiZTZjMDA1MDU2YjQwMTA5LTYwYWQzMTRjYjRiNTQ3M2JhN2IyZGYyMTBkMGNkOTIwJnV0bV9zb3VyY2U9Q2xpY2tEaW1lbnNpb25zJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPSUyOE5hdGlvbmFsJTI5JTIwTWFyY2glMjAyMDE4JTIwLSUyMFBvcHVsYXRpb24lMjBIZWFsdGglMjBOZXdzbGV0dGVyJmVzaWQ9OTJjNTg0NmYtMmQxYy1lODExLTgxMmYtZTAwNzFiNmFmMTQx&K=9yjQHf_hR0uinj-VmRZG0Q)
* Nutrition: [https://www.nutrition.gov/](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AOQ%3A%3AaHR0cHM6Ly93d3cubnV0cml0aW9uLmdvdi8_X2NsZGVlPWEyRnlaVzR1YzIxcGRHaEFkWE5wTG1KcGVnJTNkJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtYjAzZDZlMTU2ZDljZTIxMWJlNmMwMDUwNTZiNDAxMDktNjBhZDMxNGNiNGI1NDczYmE3YjJkZjIxMGQwY2Q5MjAmdXRtX3NvdXJjZT1DbGlja0RpbWVuc2lvbnMmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249JTI4TmF0aW9uYWwlMjklMjBNYXJjaCUyMDIwMTglMjAtJTIwUG9wdWxhdGlvbiUyMEhlYWx0aCUyME5ld3NsZXR0ZXImZXNpZD05MmM1ODQ2Zi0yZDFjLWU4MTEtODEyZi1lMDA3MWI2YWYxNDE&K=txryQFjrIRUrFD78Wye_0A)
* Workplace Health Resources: [https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/nutrition.html](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AMTA%3A%3AaHR0cHM6Ly93d3cuY2RjLmdvdi93b3JrcGxhY2VoZWFsdGhwcm9tb3Rpb24vdG9vbHMtcmVzb3VyY2VzL3dvcmtwbGFjZS1oZWFsdGgvbnV0cml0aW9uLmh0bWw_X2NsZGVlPWEyRnlaVzR1YzIxcGRHaEFkWE5wTG1KcGVnJTNkJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtYjAzZDZlMTU2ZDljZTIxMWJlNmMwMDUwNTZiNDAxMDktNjBhZDMxNGNiNGI1NDczYmE3YjJkZjIxMGQwY2Q5MjAmdXRtX3NvdXJjZT1DbGlja0RpbWVuc2lvbnMmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249JTI4TmF0aW9uYWwlMjklMjBNYXJjaCUyMDIwMTglMjAtJTIwUG9wdWxhdGlvbiUyMEhlYWx0aCUyME5ld3NsZXR0ZXImZXNpZD05MmM1ODQ2Zi0yZDFjLWU4MTEtODEyZi1lMDA3MWI2YWYxNDE&K=A4GccI6zImnIZQ1JkdDH8A)
* Fruits and Veggies – More Matters Month (September): [http://www.fruitsandveggiesmorematters.org/](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AMTE%3A%3AaHR0cDovL3d3dy5mcnVpdHNhbmR2ZWdnaWVzbW9yZW1hdHRlcnMub3JnLz9fY2xkZWU9YTJGeVpXNHVjMjFwZEdoQWRYTnBMbUpwZWclM2QlM2QmcmVjaXBpZW50aWQ9Y29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMCZ1dG1fc291cmNlPUNsaWNrRGltZW5zaW9ucyZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj0lMjhOYXRpb25hbCUyOSUyME1hcmNoJTIwMjAxOCUyMC0lMjBQb3B1bGF0aW9uJTIwSGVhbHRoJTIwTmV3c2xldHRlciZlc2lkPTkyYzU4NDZmLTJkMWMtZTgxMS04MTJmLWUwMDcxYjZhZjE0MQ&K=2G_74Ck61Nd1CzeCdhJH5A)

Sources:

1. Centers for Disease Control and Prevention: [https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AMTI%3A%3AaHR0cHM6Ly93d3cuY2RjLmdvdi9udXRyaXRpb24vZGF0YS1zdGF0aXN0aWNzL2tub3cteW91ci1saW1pdC1mb3ItYWRkZWQtc3VnYXJzLmh0bWw_X2NsZGVlPWEyRnlaVzR1YzIxcGRHaEFkWE5wTG1KcGVnJTNkJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtYjAzZDZlMTU2ZDljZTIxMWJlNmMwMDUwNTZiNDAxMDktNjBhZDMxNGNiNGI1NDczYmE3YjJkZjIxMGQwY2Q5MjAmdXRtX3NvdXJjZT1DbGlja0RpbWVuc2lvbnMmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249JTI4TmF0aW9uYWwlMjklMjBNYXJjaCUyMDIwMTglMjAtJTIwUG9wdWxhdGlvbiUyMEhlYWx0aCUyME5ld3NsZXR0ZXImZXNpZD05MmM1ODQ2Zi0yZDFjLWU4MTEtODEyZi1lMDA3MWI2YWYxNDE&K=Ex_6VmozjHhY7LSuI7vBvw)
2. Centers for Disease Control and Prevention: [https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AMTM%3A%3AaHR0cHM6Ly93d3cuY2RjLmdvdi9tbXdyL3ByZXZpZXcvbW13cmh0bWwvbW02NDI2YTEuaHRtP19jbGRlZT1hMkZ5Wlc0dWMyMXBkR2hBZFhOcExtSnBlZyUzZCUzZCZyZWNpcGllbnRpZD1jb250YWN0LWIwM2Q2ZTE1NmQ5Y2UyMTFiZTZjMDA1MDU2YjQwMTA5LTYwYWQzMTRjYjRiNTQ3M2JhN2IyZGYyMTBkMGNkOTIwJnV0bV9zb3VyY2U9Q2xpY2tEaW1lbnNpb25zJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPSUyOE5hdGlvbmFsJTI5JTIwTWFyY2glMjAyMDE4JTIwLSUyMFBvcHVsYXRpb24lMjBIZWFsdGglMjBOZXdzbGV0dGVyJmVzaWQ9OTJjNTg0NmYtMmQxYy1lODExLTgxMmYtZTAwNzFiNmFmMTQx&K=Ik_s7QynirdF8-BhIk-wKw)
3. Office of Disease Prevention and Health Promotion: [https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/](http://linkcrm.usi.com/c/4/?T=Mjc3MzA2Mzc%3AMDItYjE4MDU5LTFiNGVjOGRlMGE4YzQ2YTBhMzYzNmJlMWMyZTYwNjRj%3Aa2FyZW4uc21pdGhAdXNpLmJpeg%3AY29udGFjdC1iMDNkNmUxNTZkOWNlMjExYmU2YzAwNTA1NmI0MDEwOS02MGFkMzE0Y2I0YjU0NzNiYTdiMmRmMjEwZDBjZDkyMA%3AZmFsc2U%3AMTQ%3A%3AaHR0cHM6Ly9oZWFsdGguZ292L2RpZXRhcnlndWlkZWxpbmVzLzIwMTUvZ3VpZGVsaW5lcy9pbnRyb2R1Y3Rpb24vbnV0cml0aW9uLWFuZC1oZWFsdGgtYXJlLWNsb3NlbHktcmVsYXRlZC8_X2NsZGVlPWEyRnlaVzR1YzIxcGRHaEFkWE5wTG1KcGVnJTNkJTNkJnJlY2lwaWVudGlkPWNvbnRhY3QtYjAzZDZlMTU2ZDljZTIxMWJlNmMwMDUwNTZiNDAxMDktNjBhZDMxNGNiNGI1NDczYmE3YjJkZjIxMGQwY2Q5MjAmdXRtX3NvdXJjZT1DbGlja0RpbWVuc2lvbnMmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249JTI4TmF0aW9uYWwlMjklMjBNYXJjaCUyMDIwMTglMjAtJTIwUG9wdWxhdGlvbiUyMEhlYWx0aCUyME5ld3NsZXR0ZXImZXNpZD05MmM1ODQ2Zi0yZDFjLWU4MTEtODEyZi1lMDA3MWI2YWYxNDE&K=B9iQOp0ms3gggBTdgYkiJA)