

# FEARLESS IS MAKING HEALTHY CHOICES





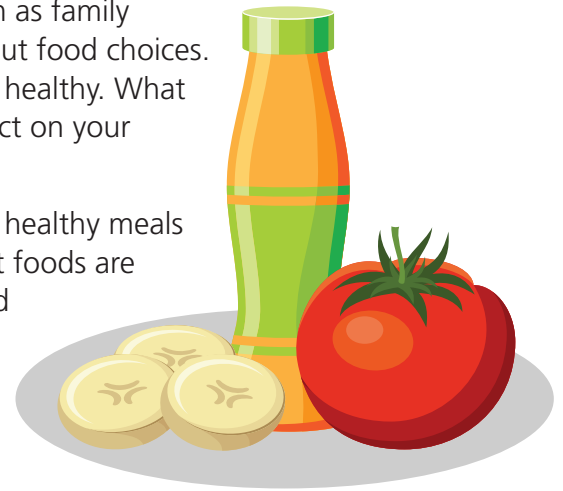
# WHY SHOULD YOU EAT HEALTHY?

There are things in life that affect health that you can't control, such as family history, aging, and the air you breathe. But you do have control about food choices. Making good food choices is an important thing you can do to stay healthy. What you choose to eat, and how much you eat, can have a serious impact on your quality of life.

Because of busy lifestyles, thinking about food choices and cooking healthy meals may not seem easy. Fast foods often are seen as a good option. Fast foods are usually not the best choice. They may have a lot of saturated fat and cholesterol, along with high calories and salt.

Be aware of what you eat. Help yourself avoid chronic health conditions such as high blood pressure and diabetes by making healthy food choices.

You may find that healthy eating is easier than you thought and well worth the effort. This booklet gives you up-to-date information to help you maintain a healthy diet.



## Fiber

Fiber is important for overall health. Fiber helps move the food you eat along your intestinal tract. Fiber helps your body get rid of harmful substances. This also helps to keep your immune system healthy. Your immune system helps to fight infections. Some medical conditions require a low-fiber diet. This is usually for a short time only.



Fiber is the “roughage” you eat that your body cannot digest or absorb. It cleans out the digestive system as it passes through. Food choices high in fiber will lower your risk of getting many cancers and digestive-related illnesses.

### Fiber can help you:

- Manage your weight
- Control blood sugar levels
- Lower cholesterol levels
- Maintain healthy bowel function

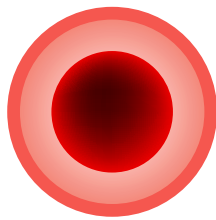
Animal foods, such as milk and meat, contain no fiber. Plant foods, such as whole wheat products, fruits, vegetables and beans, are all very high in fiber.

## Cholesterol

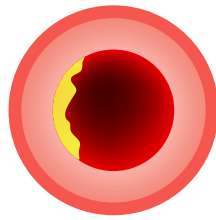
Your body makes all the cholesterol it needs to function. You also get cholesterol from the foods you eat. Having too much cholesterol can cause blood vessel walls to become more narrow. This can make it harder for your heart to push blood through your body. This can cause high blood pressure and heart disease.

When cholesterol builds up on artery walls, plaque can form. This can cause “hardening of the arteries.” The artery wall can be damaged by plaque (a fatty, wax-like material). Smoking and tobacco use, high blood pressure and diabetes also damage the blood vessel walls. If a piece of the plaque breaks away, a blood clot can form. This blood clot can travel in your body. If it goes to your heart, you can have a heart attack. If it

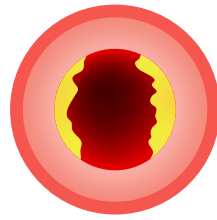




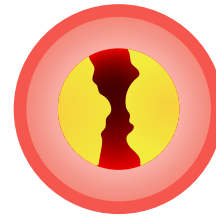
HEALTHY ARTERY



INITIAL FATTY  
DEPOSITS



PLAQUE OBSTRUCTS  
BLOODFLOW



NEAR COMPLETE  
BLOCKAGE

goes to your brain, you can have a stroke. Foods high in saturated fat and any amount of trans fat raise the level of cholesterol in your blood.

Fruits and vegetables do not have cholesterol. Some have a minimal amount of fat which is usually the healthy type of fat. Try to eat more fruits and vegetables to have a healthier heart.

## THE ESSENTIAL FOOD GROUPS

### Grains

The amount of grain you need every day depends on your age, gender and activity level. It is suggested that at least half of the grains you eat should be whole grains. Most of us don't eat enough whole grains. Whole grains have more dietary fiber, iron and vitamins than refined grains.



#### Benefits of whole grains:

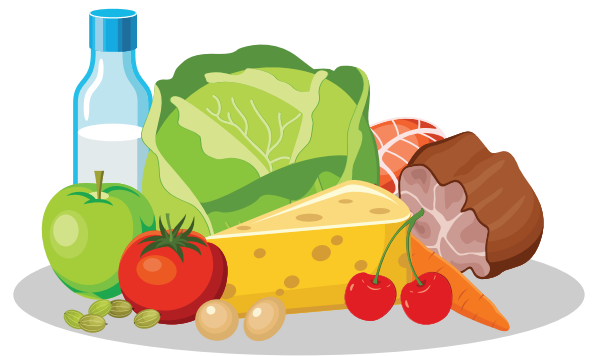
- To control weight, because they help to increase metabolism and make you feel fuller
- To lower cholesterol levels, which also lowers your risk of getting heart disease, obesity and diabetes

#### Whole grains:

- Whole wheat flour
- Oatmeal
- Brown rice
- Whole grain bread

#### Refined grains (limit your intake):

- White flour
- White bread
- White rice



### Vegetables

Vegetables are an important part of a healthy meal plan. They can be served in many ways (raw, cooked, frozen, canned, etc.). Vegetables give you vitamins and nutrients. Make sure that half of your dinner plate is filled with vegetables and fruits. If using canned vegetables, use low salt vegetables or rinse them before using them.

#### Benefits of vegetables:

- Helps lower the risks for heart disease, diabetes and obesity
- Helps lower blood pressure
- Provides vitamin A, which helps keep eyes and skin healthy
- Are low in fat and calories and they have no cholesterol

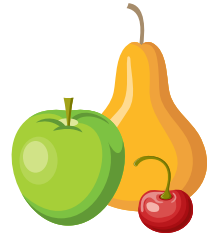


# Fruits

Fruits also play a key role in a healthy meal plan. Fruits can be whole, sliced, as juice, as a puree or canned. While fruits in any form help create a healthy meal plan, eating fruits whole or sliced offers more health benefits than fruits that are juiced or pureed. When fruits are pureed or juiced, they contain less fiber. Be sure to check the amount of sugar if using canned fruit.

## Benefits of fruit:

- Helps lower the risks for heart disease, diabetes and obesity
- Are rich in potassium, which helps lower blood pressure and keeps the bones strong
- Are low in calories and fat, which helps with weight management
- Are a source of many nutrients, such as vitamin C, folic acid and dietary fiber



# Dairy

Selecting Healthy Dairy Products or Dairy Alternatives:

All foods made with milk are considered part of the dairy food group. The recommended amount of dairy is between 2 to 3 servings each day, based on age. Dairy products such as butter, cream cheese, ice cream, and frozen yogurt are high in unhealthy fats and/or sugar, contain very little vitamins or minerals, and should be eaten infrequently.

Many options now exist for dairy-free milk alternatives - like soy and almond milk. These products are fortified with vitamins and minerals, such as calcium. Choosing the unsweetened option keeps calories and added sugars low.

## Health Benefits of Dairy:

- Good source of calcium and vitamin D, which helps to build and maintain strong bones and teeth
- High in potassium, which can help to promote lower blood pressure
- Intake of dairy products is associated with a reduced risk of cardiovascular disease and type 2 diabetes
- Good source of protein that serves as the foundation for healthy bones and muscles

## Selecting Healthy Dairy Products:

- Fat-free (skim) or low-fat (1%) milk
- Unsweetened almond or soy milk
- Low-fat plain or low-fat light fruited yogurt
- Low-fat cottage cheese
- Part-skim or low-fat cheese



# Protein



The protein group consists of meat, poultry, beans, eggs, soy products, nuts and seeds. The recommended amount of protein is based on age, gender and activity level. Most people tend to eat enough protein. Lean protein is a healthier choice. Many of the foods in this food group are high in cholesterol and saturated fat.

## Benefits of proteins:

- They are the building blocks for bones, muscles, cartilage, skin and blood
- They have a high iron content, which is especially important for teenage girls and young women, who face a higher risk of developing anemia
- Seafood protein is high in omega-3 fatty acids, which helps reduce the risk for heart disease
- They are one of the three categories of nutrients that provide the body with calories; the other two are fats and carbohydrates

### Healthy protein choices:

- Kidney or pinto beans
- Nuts (e.g., peanuts, cashews, walnuts, almonds)
- Hummus spread
- Veggie burgers
- Turkey burgers

### Occasional protein choices (eat in moderation):

- Lean poultry, such as boneless skinless chicken breast
- Lean pork, such as a tenderloin
- Seafood high in omega-3 fatty acids, such as salmon

### Unhealthy protein choices (generally avoid):

- Processed meats (e.g., sausages, hot dogs and deli meats)
- Fried meats
- Beef

## Oils

Oils are not really a food group. They are important because they contain many nutrients. Do not buy oils that contain transaturated fat (trans fat). Oils contain essential fatty acids, which the body cannot make. Essential fatty acids help to regulate thyroid activity, and prevent blood clots. They also help as a natural anti-inflammatory.

### Healthy foods that are naturally high in oil:

- Avocados
- Nuts
- Olives



### Unhealthy foods that contain oil:

- Salad dressings
- Cooking oils
- Butter

## Snacking

If you're hungry during the day, a healthy snack is a great idea. When choosing snacks, be sure to pick nutrient-rich foods. Try to avoid foods that provide empty calories. Are you physically hungry, or are you snacking because you are bored or stressed? Snacking when hungry allows you to keep your energy level up.

### Examples of healthy snacks:

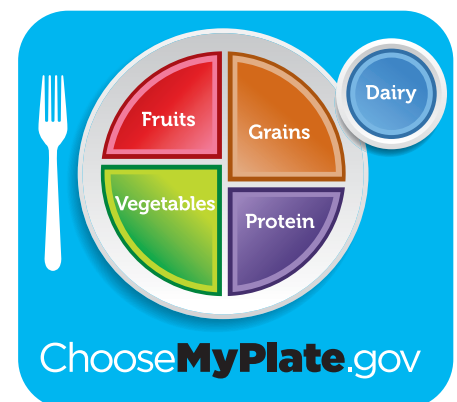
- One tablespoon of peanut butter with apple slices
- ½ cup of frozen yogurt and a sliced banana, topped with a tablespoon of chopped nuts
- A mini-bagel spread with one tablespoon of peanut butter
- One cup of tomato soup with a few whole grain crackers

## Portion Sizes

How much you eat is known as a portion. It is important to be aware of portion size. Be extra careful at restaurants. Eating too much may be why many people are overweight or obese.

### Here are a few tips to help you with portion control in your diet:

- Look at the serving size on food labels. When you eat more or less of the serving size, the nutritional value shown on the label will change. If the serving size is one cup and you eat two cups, then you'll need to double all the values listed.
- Use smaller plates, bowls and glasses to help limit how much you eat or drink.
- Use measuring cups, so you really know how much you are eating.



# How To Read A Nutrition Label

## 1 Serving size

First look at the serving size and the number of servings in the package. All the information on this label is based on this serving or portion size. So, if you eat double the serving, you will consume double the calories, carbohydrate, fat and other nutrients.

## 2 Calories

Calories provide a measure of how much energy you get from a serving of this food. This gives the total calories per serving.

## 3 Total fat

This gives the total grams of fat in one serving of that food.

### Unsaturated fat

You can find the amount of unsaturated fat by subtracting the amount of saturated and trans fats from the total fat. Eating more unsaturated fats than saturated fats can help lower blood cholesterol levels. Most unsaturated fats come from plant sources and include canola, vegetable and olive oil.

### Saturated, trans fat and cholesterol

Eating too much fat may increase your risk of certain chronic diseases, such as stroke, and some types of cancers.

## 4 Sodium

This shows the amount of sodium (salt) in one serving. This is important if you are on a low-sodium diet or if you have high blood pressure.

## 5 Total carbohydrate and sugars

This shows the amount of carbohydrate per serving that comes from sugar. This includes both natural sugar and added sugar.

## 6 Dietary fiber

This shows the portion of the total carbohydrate per serving that is fiber. Eating a diet high in dietary fiber promotes healthy bowel function.

Nutrition Facts	
1 8 servings per container	
Servings size	2/3 cup (55g)
Amount per serving	
2 Calories	230
	% Daily Value*
3 Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	4 7%
5 Total Carbohydrate 37g	13%
Dietary Fiber 4g	6 14%
5 Total Sugars 12g	
Includes 10g Added Sugars	20%
7 Protein 3g	
8 Vitamin D 2mcg	10%
Calcium 200 mg	15%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## 7 Protein

This shows the total grams of protein in one serving. Protein is an essential nutrient for growth and health.

## 8 Vitamins and minerals

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

# Healthy Tips

## Drink more water!

Adults and children take in an average of 400 calories in drinks, such as juice and soda, each day. Having enough water is important for your body. Avoiding the extra calories and sugar in other beverages helps with weight control.

Daily Recommended Intake:	
Women	9 Cups
Men	13 Cups



## Exercise Regularly

It helps lower blood pressure and cholesterol. It also helps to manage your stress and weight.

A few ways to stay active:

- Go for a bike ride
- Attend a group exercise class with a friend
- Swim

**Don't smoke or use tobacco products.** If you do, QUIT! Smoking leads to endless health conditions. There is no room in a healthy lifestyle for smoking or using tobacco. If you want to quit, but need some help, call the National Quitline at 1-800-QUITNOW (1-800-784-8669) or call your local health department.

**Get assistance from a registered dietitian.** An RD can help you understand the best food choices to make. You can lower your chance of getting a chronic disease by avoiding unhealthy food.

**Avoid "fad" diets.** Diets that have you stop eating certain foods can cause a shortage of important nutrients. It is much healthier to have a well-balanced meal plan that includes each food group.

**Consult with your healthcare provider for advice** before making any major food changes. Your healthcare provider will know your current health status. You will get advice on how to start a healthy diet, along with any precautions you may need to take.

# Healthy Eating is Important

We hope you have found this information helpful in understanding how to stay as healthy as possible.

Please feel free to contact us at any time if you have questions about your health and wellness.

Our team consists of health care professionals, such as nurses, social workers, dietitians, pharmacists and respiratory therapists who can help you get answers to your questions.

Please call the toll-free line at 1-877-222-1240 (TTY: 1-800-421-1220) between 8:30 a.m. and 4:30 p.m. EST. If we are not available when you call, please leave your preferred phone number and the best time to call you.

Thank you.

The Member Care Management team

The information in this booklet does not replace the advice or recommendations of your healthcare provider.



## Helpful Resources

ChooseMyPlate:

<http://www.choosemyplate.gov/>

The Dietary Guidelines for Americans Website:

<http://www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm>

Fruits & Veggies More Matters:

<http://fruitsandveggiesmorematters.org/>

Smart Nutrition Starts Here:

<http://www.nutrition.gov/>

## References:

Choose My Plate:

<http://www.choosemyplate.gov/index.html>

USDA Center for Nutrition Policy and Promotion

<http://www.cnpp.usda.gov/DietaryGuidelines.htm>

## **Notice of Nondiscrimination**

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, national origin, age, disability, or sex. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

The Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, please refer to the enclosed document for ways to reach us.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Advocacy Department  
Attn: Civil Rights Coordinator  
PO Box 4717  
Syracuse, NY 13221  
Telephone number: 1-800-614-6575  
TTY number: 1-800-421-1220  
Fax: 1-315-671-6656

You can file a grievance in person or by mail or fax. If you need help filing a grievance, the Health Plan's Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 1-800-537-7697 (TDD)  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Attention: If you speak English free language help is available to you. Please refer to the enclosed document for ways to reach us.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意: 如果您说中文, 我们可为您提供免费的语言协助。  
请参见随附的文件以获取我们的联系方式。

Внимание! Если ваш родной язык русский, вам могут быть предоставлены бесплатные переводческие услуги. В приложенном документе содержится информация о том, как ими воспользоваться.

Atansyon: Si ou pale Kreyòl Ayisyen gen èd gratis nan lang ki disponib pou ou. Tanpri gade dokiman ki nan anvlop la pou jwenn fason pou kontakte nou.

주목해 주세요: 한국어를 사용하시는 경우, 무료 언어 지원을 받으실 수 있습니다. 연락 방법은 동봉된 문서를 참조하시기 바랍니다.

Attenzione: Se la vostra lingua parlata è l'italiano, potete usufruire di assistenza linguistica gratuita. Per sapere come ottenerla, consultate il documento allegato.

אויפֿמערקזאם: אויב איר רעדט אידיש, איז אומזיסטע שפראך הילף אוועילעב פאר אייך ביטע רעפערירט צום בייגעלייגטן דאקומענט צו זען אפנים זיך צו פארבינדן מיט אונז.

নজর দিন: যদি আপনি বাংলা ভাষায় কথা বলেন তাহলে আপনার জন্য সহায়তা উপলভ্য রয়েছে। আমাদের সঙ্গে যোগাযোগ করার জন্য অনুগ্রহ করে সংযুক্ত নথি পড়ুন।

Uwaga: jeśli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Patrz załączony dokument w celu uzyskania informacji na temat sposobów kontaktu z nami.

تنبيه: إذا كنت تتحدث اللغة العربية، فإن المساعدة اللغوية المجانية متاحة لك. يرجى الرجوع إلى الوثيقة المرفقة لمعرفة كيفية الوصول إلينا.

Remarque : si vous parlez français, une assistance linguistique gratuite vous est proposée. Consultez le document ci-joint pour savoir comment nous joindre.

نوٹ: اگر آپ اردو بولتے ہیں تو آپ کے لیے زبان کی مفت مدد دستیاب ہے۔ ہم سے رابطہ کرنے کے طریقوں کے لیے منسلک دستاویز ملاحظہ کریں۔

Paunawa: Kung nagsasalita ka ng Tagalog, may maaari kang kuning libreng tulong sa wika. Mangyaring sumangguni sa nakalakip na dokumento para sa mga paraan ng pakikipag-ugnayan sa amin.

Προσοχή: Αν μιλάτε Ελληνικά μπορούμε να σας προσφέρουμε βοήθεια στη γλώσσα σας δωρεάν. Δείτε το έγγραφο που εσωκλείεται για πληροφορίες σχετικά με τους διαθέσιμους τρόπους επικοινωνίας μαζί μας.

Kujdes: Nëse flisni shqip, ju ofrohet ndihmë gjuhësore falas. Drejtojuni dokumentit bashkëlidhur për mënyra se si të na kontaktoni.

