

EAT WELL. LIVE BETTER.



We'll show you how simple it can be.

Healthy nutrition helps to lay the foundation for better health and an overall better quality of life. That's why gaining a deeper understanding of nutritional health is so important – because the more you understand the how, why and what you eat to be healthy, the more likely you are to make nutritional health part of your everyday way of living. And creating such lasting change can be more enjoyable and less complicated than you might think. Whatever your age, whatever you weigh (or want to weigh), there's no time like the present to take a closer look at nutrition.

Healthy nutrition: How?

Here are some simple guidelines to follow to help you make healthier eating decisions.

Read food labels

Read and understand food labels. Learn to recognize healthier ingredients and pay attention to serving size.

Choose wisely

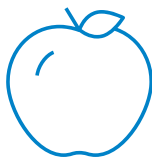
Choose foods for maximum nutritional value. Avoid foods with empty calories that can cause you to “crash.”

Focus on portion

Don't worry about counting calories or weighing ingredients. Learn what a sensible portion looks like, so you don't overeat.

Listen to your body

Don't let temptation and boredom drive your eating. Eat when you are hungry and no more than the food your body needs to feel satisfied.



Think long-term

Restrictive diets may seem like quick fixes, but they don't last. In fact, some can slow your metabolism, making weight loss even harder down the road. Keep it simple. Choose activities and food plans that you can follow for the rest of your life.

Building a healthy plate

The USDA Choose My Plate campaign recommends the following guidelines for building a healthy plate:

- Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies
- Make half your grains whole grains
- Stick to low-fat and fat-free milk or yogurt
- Change up the proteins you eat
- Drink and eat less sodium, saturated fat and added sugars

Together, all the way.®



Healthy nutrition: Why?

Why eat healthy? The answer goes far beyond weight loss or how you look. A healthy nutrition or eating can help you:

Increase your energy levels

Ensure you get all the nutrients your body needs to stay healthy

Simplifies the process of making healthy eating a way of life

Prevent and reverse your risk for diseases, such as hypertension, osteoporosis and obesity¹



Did you know?

Eating a diet high in plants and heart-healthy oils and low in sodium helps reduce hypertension, or high blood pressure.

Six quick tips²

1. Include all food groups daily
2. Choose vegetables rich in color
3. Cut back on sweets
4. Power up with whole grains
5. Try something new
6. Be active

Where your carb calories should come from:

70%

fruits and veggies

30%

whole grains

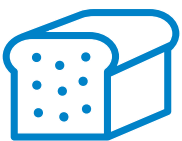
Healthy nutrition: Food groups

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Here are some tips for making smart choices by food groups and types.

Carbohydrates: the power source

Carbohydrates are a very important and efficient source of energy for your body. They also provide essential fiber, which can help you feel fuller longer, stabilize blood sugars, lower cholesterol and regulate bowel movements.

Carbs are grouped into two main categories:



Simple carbohydrates.

These are easily broken down by your body and used for quick energy.



Complex carbohydrates.

These take longer for your body to break down and give you longer-lasting energy.

Tips for getting the right carbs into your diet

- › Eat more complex carbs
- › Limit simple carbs¹
- › Focus on nutrient-dense carbs like fruits, vegetables and whole grains. These supply many important vitamins and minerals, and are rich sources of fiber.
- › Don't forget milk and yogurt also have carbs

Bread and grains: the whole story

Most “white” grains have been processed and stripped of their nutrients.¹ It's best to choose the whole grains that still have the original healthy fat, protein, fiber, vitamins and minerals.

Tips for getting the right grains into your diet

- › When choosing grains, look for two things: whole grains and high fiber
- › You should be able to see the grains in whole grain bread
- › Check the label. It should say 100% or stone ground whole wheat/grain. If it says “enriched,” it's not whole grain
- › Choose whole wheat flour pasta instead of white pasta
- › Choose brown rice, whole wheat couscous or quinoa instead of white rice

Proteins: of prime importance

Proteins are made up of amino acids, which are small building blocks for our cells, organs, and tissues. They help to preserve muscle and maintain healthy skin and bones. They are also used to create hormones, enzymes and antibodies for our immune system.

Tips for getting protein into your diet

- › Eat high-quality proteins, including eggs, beans, nuts, lean meats, fish and low-fat dairy
- › Limit high-fat meats and dairy products (sausage, sour cream)¹

Meats: go lean

Selecting healthier cuts of meat (those with less visible fat and fewer calories) can help you stay within your daily calorie goal and improve your overall health. Be sure to pay attention to portion sizes: one serving of meat is equal to three ounces, or about the size of a deck of cards.

Tips for choosing the right meats

- › Buy cuts of meat that have more red and less white fat. Trim the fat off before cooking
- › Choose ground beef and turkey that is at least 90% lean
- › When buying ground turkey, look for ground turkey breast. Otherwise, it may be dark turkey meat, which has more fat.
- › Trim the skin off all chicken and turkey before eating
- › Fish is a lean source of protein, and even the fatty fishes are good because the fat is heart-healthy

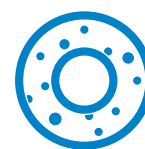
Fats: the good, the bad and the ugly

Even when your goal is to lose weight, fats are necessary in a healthy, nutrient-rich diet. They're a great source of energy and, help you feel full longer. Choose healthy monounsaturated and polyunsaturated fats. They help control cholesterol levels and keep your heart healthy. And they even help absorb vitamins for healthy hair, skin and nails. The trick is choosing the right kinds of fats.



Tips for getting the right fats into your diet

- › Choose healthy monounsaturated (mono) and polyunsaturated (poly) fats, such as:
 - Omega-3 rich fish (salmon) and flaxseeds (ground) – Good source of poly
 - Avocado and nuts (or nut butters) – Poly and mono sources
 - Canola and olive oils – Mostly mono
- › Limit saturated fats, such as:
 - Butter
 - Full-fat dairy
 - Fatty meats
- › Avoid trans fats¹
 - Margarine
 - Most peanut butter
 - Fast food products
 - Most baked goods



Butter, margarine and oils: think heart healthy

- › In most cases, butter has nearly the same amount of fat grams as margarine
- › Most brands of margarine are less healthy than butter because they contain trans fats or partially hydrogenated oils
- › Use only 1-2 tsp of butter or “trans fat free” margarine
- › Choose heart-healthy oils, such as olive, canola, and grapeseed¹
- › Limit less healthy oils, such as sunflower, soybean and corn

Calcium and vitamin D: the bone health dream team

Calcium and Vitamin D work together in important ways to support bone, nerves, muscles, and overall immunity.

Calcium^{1,3}

- › Keeps bones and teeth strong
- › Examples: milk, cheese, yogurt, leafy greens, soft-boned fish (sardines, anchovies), fortified foods like cereal and orange juice

Vitamin D^{1,3,4}

- › Aids absorption of calcium. Important to bones, nerves, muscles, and immune system.
- › Examples: egg yolks, saltwater fish, liver; sunlight, supplements

Cheese products: choose wisely

Cheese is a high-fat dairy product that's high in saturated fat. You should limit it in your diet and be aware of the best choices.

Tips for choosing the right cheeses

- Hard cheeses are traditionally more fatty than soft cheeses
- Soft, white cheeses that are leaner include feta, part-skim mozzarella, reduced fat parmesan or goat cheese
- String cheese is also lower in fat and high in protein. Check the label and choose string cheeses made with 2% milk instead of whole milk

Dairy products: low-fat lowdown

Many dairy products are high in fat. In fact, some contain up to 75% fat and calories. The good news is there are plenty of healthy alternatives.

Tips for getting healthier dairy products into your diet

- Go for low- or non-fat options for milk, sour cream and ice cream, such as skim milk, plain yogurt and sherbet
- Consider dairy alternatives, such as soy, coconut, oat or rice milks. These are also great options if you have a dairy allergy or intolerance.¹

Fruits and vegetables: make it colorful

When it comes to fruits and vegetables, the more color you put on your plate, the more phytonutrients your body will enjoy. To get the most out of your food, choose fruits and veggies for half of your plate.

Tips for choosing the right fruits and veggies

- Fresh or frozen is better than canned
- Choose canned veggies with no added salt
- Choose canned fruits with no sugar added and no heavy syrup
- Rinse canned fruits and veggies before eating. When cooking, cook in fresh water.
- Fresh veggies lose their nutritional value a little each day after they have been picked, so buy them and eat them often.
- Most frozen veggies and fruits are frozen right after picking, so they may actually be more fresh than what's in your produce section
- Choose dark greens, such as kale or spinach instead of iceberg lettuce

Buy local

Visit farmer's markets or choose produce from local farms at your local grocery. Produce is likely to be fresher. Plus, you will reduce your carbon footprint.

Healthy eating strategies: Portion control

Controlling your portions is a critical piece of limiting the number of calories you consume during meals and snacks.⁶

Tips for helping keep your portion sizes appropriate

At home

- Pick a small plate
- Avoid second and third helpings
- Create snack-free zones – out of sight, out of mind
- Choose fruits and vegetables as snacks in between meals
- Do not eat out of the bag

At a restaurant

- Split dishes with a friend
- Ask for a to-go box when your meal comes and put a portion in the box before you start eating⁶

Healthy eating strategies: Substitutions

Cooking

Making healthy meals at home starts with choosing healthy ingredients. Consider the types of fat and amounts of sodium in your ingredients. Keep alternatives in your pantry to make it easy to substitute.

- Choose low-fat options instead of full fat
- Use vegetables instead of meat in recipes
- Use garlic powder, onion powder or other salt-free seasonings instead of salt
- Use brown rice instead of white rice⁷

Baking

Choosing healthy ingredient substitutions when baking is an excellent way to reduce the amount of sugar in your diet. Also, eating homemade desserts rather than store bought will help you limit your sugar intake.

- Pick whole grain flours for baking
- Use applesauce or prune puree for one-half of the butter or shortening in baking
- Use less sugar and syrup than recipe suggests⁷

Hydrating

- › Water is your best choice for staying hydrated
- › For alternatives, try herbal teas and unsweetened beverages
- › Avoid sodas, energy drinks and any sugary drinks
- › Limit caffeine
- › Limit alcoholic beverages
- › Water-dense foods like watermelon and spinach also hydrate

Do what's right for you

You may need to increase or decrease your fluids depending on the following factors:

- › Exercise
- › Illness
- › Environment
- › Age, Weight, Gender



Healthy eating strategies: Budget control

Do you think eating healthy is too expensive? The great news is with a few small changes, you can cook healthy meals without busting the budget. Here are some suggestions from the Choose My Plate campaign on ways to eat healthy without stretching the wallet:

- › Create a grocery game plan
- › Shop for value
- › Prepare cost-cutting meals

You can do it

Your keys to success are based on common sense and commitment. They won't cost you a penny, but the payback is invaluable:

Education

Read information from reputable sources, learn what you can about disease prevention and healthy eating, and find solutions that work for you.

Motivation

Keep going. Let your increased energy and healthy feeling motivate you to keep going

Follow-Up

Let your physician know what changes you are making to your lifestyle. Keep following them! And when you make promises to yourself, see them through.

Commitment

Make yourself and your health an absolute priority.

Support

Making lifelong changes can be difficult, but having supportive friends and family can make it easier. Let them know about the changes you are trying to make and tell them what they can do to help you be successful.

1. U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans, Retrieved from <https://www.cnpp.usda.gov/DietaryGuidelines>.

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6. Centers for Disease Control. 2015. How to Avoid Portion Size Pitfalls to Help Manage Your Weight https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html

7. Mayo Clinic. 2016. Healthy recipes: A guide to ingredient substitutions. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>

8. Mayo Clinic. 2014. Water: How much should you drink every day? Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256?pg=1>

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