

# 03 Healthy Eating Month

## HEALTHY TIP SHEET - MARCH



### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Read Food Labels.

### Food for Thought

The nutrition facts label on a food provides you with a lot of information you can use to improve your diet and your health. Here are a few additional guidelines:

**Limit Sodium.** Eat less than 1,500 mg per day to control blood pressure and protect your heart. Fast food, processed meats and canned soups are all high in sodium.

**Watch out for added sugar.** Limit sugar to no more than 36 grams per day for men; 20 grams for women. Sugary drinks, cereals and soda are high in added sugar. Too much sugar can also lead to weight gain and other chronic diseases.

**Eat more fiber-rich foods.** Women need 25 grams of fiber per day. Men need 38 grams per day. Eating foods high in fiber helps control weight, cholesterol and blood sugar levels and improves digestion. Whole-grains, fruits and vegetables are the best fiber sources.

**Pay attention to good fats vs. bad fats.** Avoid or limit foods with saturated fats (like cheese and red meats) and trans fats (like desserts, margarine, crackers and fast food). Aim to eat more foods with healthy fats like fish, nuts and seeds, and olive oil.

**Limit cholesterol.** Foods like meat and dairy products are high in LDL (bad) cholesterol. They can raise your risk for heart disease and other health problems. Fortunately, eating more fiber-rich foods can raise HDL (good) cholesterol levels and protect your heart.

*Source: Wellsource, Inc. Reading food labels*

*The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.*



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