



BlueCross BlueShield of Illinois



BlueResourceSM - Healthy Lifestyle - Eating Smart Tips

Give Your Body the Good Food It Needs

Food is one of life's pleasures. We all have our favorites. But food is, most importantly, the fuel that keeps our bodies going. Treat yours to healthy servings of the stuff it needs to stay energized and fight off disease. Here are easy ways to start.

Load up on the colorful stuff. Fill half your plate with richly colored fruits and vegetables. The more vibrant, the more likely you'll get the vitamins, minerals and fiber you need.

Know the scoop on salt. About 77 percent of the salt Americans eat is hidden in processed foods. Too much salt raises blood pressure. Read labels and menus to choose foods low in sodium.

Go with the grain — whole grains. Choose nutrient-rich, unprocessed grains like whole-wheat bread. A diet rich in whole grains helps reduce heart disease, diabetes and cancer.

Lean in to protein. Eat fewer fatty burgers and opt for lean meats, poultry, seafood, beans, eggs and nuts. Foods with less saturated fat help lower cholesterol and your risk for heart disease.

Drink fewer calories. Make water or unsweetened beverages your go-to refreshers. Soda, energy drinks and sports drinks can be a major source of added sugar for many people.



**A few small changes in your eating habits today
can make a big change in your health tomorrow.**

Sources: *How to Eat Healthy.* U.S. Department of Health & Human Services. 2017.
75% of Americans Want Less Sodium in Processed and Restaurant Foods. American Heart Association. 2020.
Whole Grains. Harvard T.H. Chan School of Public Health. 2020.
Meat, Poultry and Fish: Picking Healthy Proteins. American Heart Association. 2017.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

9100344.0920