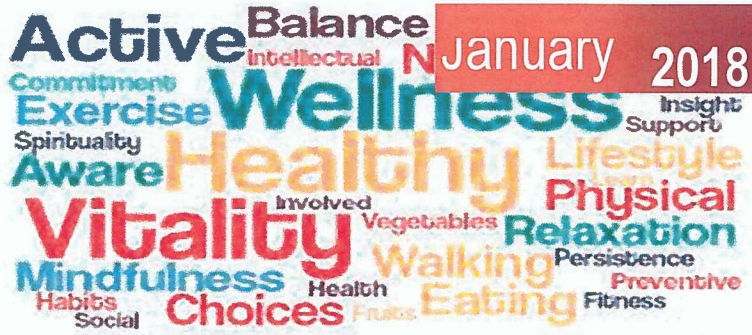


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- Learn the Facts
- Recipe for a Strong Mind
- Balancing Food and Calories
- Take Control of How Much You Eat
- Mental Health Tidbits to Chew On
- Ask the Experts
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A Monthly Insight into HEALTHY EATING

Live Well Work Well

learn the facts >>>

Nutrition Smarts

Being smart about what you eat starts when you shop. Take fruits and vegetables for example.

- ♥ Try to buy fresh fruits and vegetables in season
- ♥ You might want to choose pre-cut packages to make eating these foods more convenient.
- ♥ Change up your choices and try all kinds of colors of fruits and vegetables.

When shopping for packaged foods make sure to check the labels to get your nutrition facts straight. Choose items that are low in calories, fat, sugars and salt. Finally, when sitting down to eat – whether at home or on the go – be smart about serving sizes. When eating out, for example, eat half and take the rest home.

Recipe for a Strong Mind

Basic Ingredients

Food doesn't just feed the body, it also feeds the mind. Poor eating habits can change how your brain works. Even though no one knows exactly which foods help your mental health the most, you can come out a winner and boost your energy, mood and overall wellness by sticking to a healthy diet.

Healthy eating can give you many rewards, including:

- ⬇ Boosting your energy
- ⬇ Giving fuel for your mind
- ⬇ Positively influencing mood-related chemicals
- ⬇ Acting against the impact of stress on your body
- ⬇ Lowering your chances of getting certain diseases

Health problems from poor eating habits are showing up at younger ages so it's important to talk to your children early and teach them life-long healthy eating habits.

What is a healthy diet?

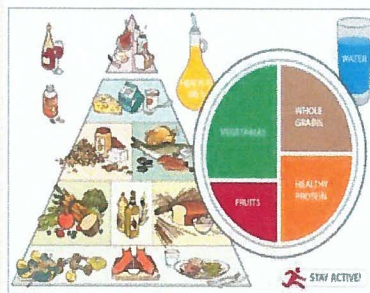
The word diet does not mean boring, or hard. A good diet should include food you enjoy. The key is eating all kinds of food,

Serving the right size portions, and cooking food in a healthy way. Sometimes just a few changes can mean a big reward in both physical and emotional health.

Balance is the key to eating well. Your daily food should

Include fruits, vegetables, whole grains and fat-free or low-fat milk products, lean meats, poultry, fish, beans, eggs and nuts. The U.S. Department of Agriculture also suggests a diet low in saturated fats, trans fat, cholesterol, salt and sugars.

BlueCross BlueShield of Texas



Mental Health Tidbits to Chew On:

Emotional Eating

Before you eat that donut or ice cream, ask yourself if you're really hungry. People often use food as a way to deal with emotional problems. Finding out what your food means to you is the first step in taking control of your eating.



Control Your Portions

Here are some guidelines to help you determine what a serving is:

- ♥ 1 bagel = a hockey puck
- ♥ 1 cup of fruit, vegetables, pasta or rice = a small fist
- ♥ 3 ounces of cooked meat, poultry or fish = a deck of cards
- ♥ 1 ounce of cheese = 4 dice
- ♥ 1 teaspoon of margarine or butter = a thumb tip
- ♥ 1 serving of snack foods (pretzels, chips) = a small handful
- ♥ 1 muffin = a large egg
- ♥ 2 tbsp peanut butter = a golf ball
- ♥ 1 baked potato = a computer mouse

Don't Skip Meals

Eating meals at set times helps give your brain and body a steady fuel source.

Balance for Your Body & Brain

Your mind works best when it's fed with all kinds of food.

Eat for Fitness

Eat to be healthy, not to fit into a certain outfit.

Streamline the Blood Flow to your Brain

Your brain needs a strong blood flow to bring oxygen/and food to your brain.

ask the experts >>>

Q: How do I Start Healthy Eating?

A: The Five Food Groups are the Building Blocks for a Healthy Diet.

- ♥ Make half your plate fruits and vegetables.
- ♥ Make at least half of your grains whole grains.
- ♥ Switch to fat-free or low-fat (1 percent) milk.
- ♥ Go to ChooseMyPlate.gov for more information

Source: BlueCross BlueShield of Texas



Keep in Mind:

If you are taking medicines, talk to your pharmacist about any foods that you should avoid. Certain foods have interactions with drugs often prescribed for mental illness.

A Full Plate That's Healthful

You may think a full plate isn't healthy, but when you fill it with the right amount from each food group you are on your way to good eating habits. Choosing the amount of foods you eat from each group also depends on your age, how active you are and your gender. The basic food groups are:

- ♥ Vegetables
- ♥ Fruit
- ♥ Grains
- ♥ Dairy
- ♥ Protein

ChooseMyPlate.gov

Visit ChooseMyPlate.gov to learn more about food groups. While on the site, you can get a made-to-order plan that will show you what you need to eat each day.

Source: BCBS of Texas

step up to the plate >>>

Balancing Food and Calories

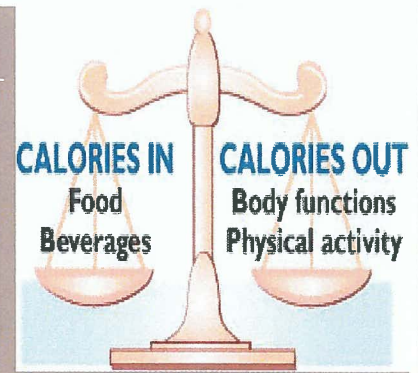
Eating healthy means eating the right amount of calories. It also means eating healthy foods more often than unhealthy foods. Here's what else you can do:

Calories

Choose the right amount of calories, watch what you eat and add physical activity to your daily life. Go to Blue Access for Members for more tips on how to eat healthy and stay active.

Food

- ♥ Learn how many calories you need a day.
- ♥ Limit your intake of salt (sodium) and check food labels to see how much salt is in what you're eating.
- ♥ Cut back on sugary foods, such as cookies, cake and candy, and fatty, high-salt foods like hot dogs or bacon.
- ♥ Make half your grains whole grains.
- ♥ Eat and drink fat-free or low-fat dairy products.
- ♥ Fill your plate with fruits & veggies.



- ♥ Eat less food, but take your time and enjoy it.

Hunger Hint:

Listen to your hunger cues and stop eating when you are full.

Source: United States Department of Agriculture

You don't have to

EAT LESS

You just have to



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The Basics

Knowing the basics of healthy eating enables better choices. One of the most basic lifestyle choices you make each day is what you eat. Choosing a healthy eating plan can shape what you weight. What you eat, when you eat and how you eat can also make a difference in how healthy you are and even how long you live. But sorting through all the facts about food choices can be hard. Know the Basics.

get smart >>>

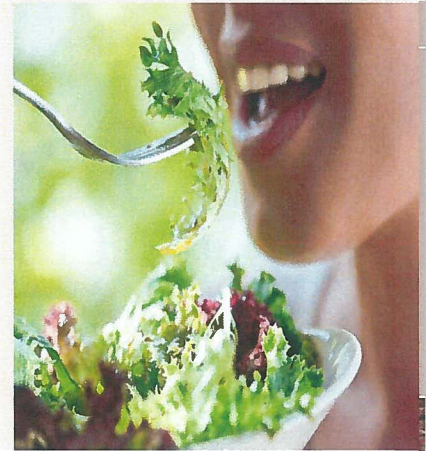
Take Control of How Much You Eat

Serving sizes keep growing and that can mean our waist lines do too. Studies show that people will eat more without knowing it when they are met with larger portions. Keep in mind that how much you eat is as important as what you eat.

Try these pointers:

- ♥ Keep serving dishes off the table.
- ♥ Serve meals and snacks on smaller dishes.
- ♥ Choose a single serving snack rather than snacking from the whole package.
- ♥ Store tempting foods out of easy reach.
- ♥ Pick smaller servings and make big changes for your health.

Source: Center for Disease Control and Prevention



final thoughts...

Balancing Act

No matter what food it comes from, a calorie is a calorie. All foods have calories. Carbs, fats, sugars or proteins, all of them have this unit of energy that we need to live. Being in balance with calories is what counts. To stay in balance, the calories eaten must be balanced by the calories used. All of our bodily actions, even sleeping, take energy.

If you are:

Adding pounds – You are eating more calories than your body is using.

Losing pounds – You are eating fewer calories than your body is using.

Maintaining your weight – You are in balance! Your body is using about the same number of calories as you are eating.

Puzzle

Congratulations to last month's winner: Melba Garza, W.W.T.P.

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ALMONDS
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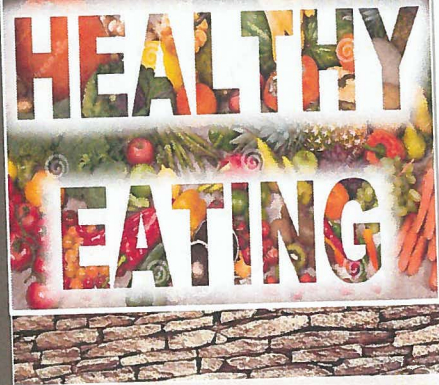
APPLES
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 WATER
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 1201 E. 8th Street
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Coming soon >>>

In The Next Issue

Healthy Heart

Upcoming Events

1/25/2018 – Healthy Eating Seminar

2/22/2018 - Healthy Heart Seminar