March 2019
Healthy Eating

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Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of healthy eating.

Make Healthy Eating a Way of Life

Two-thirds of U.S. adults are overweight or obese. If you are one of these adults, unhealthy eating may be the cause. Children and teens in the U.S. are also at risk. Nearly 13 million 2 to 19 year olds are obese. Poor eating habits can lead to unhealthy weight. It can also cause major health problems, such as:

- Heart disease
- Osteoporosis (bone loss)
- High blood pressure
- Some types of cancer
- Stroke
- Liver and gallbladder disease
- Type 2 diabetes
- Sleep apnea and respiratory problems

Use common sense about eating habits so you can take charge of your health.

Source: Centers for Disease Control and Prevention

Smart Eating on the Go

Eating healthy can be tricky when dining out or hurrying to grab food on the run. Sometimes we don't make the best nutrition choices when eating away from home. Take these smart steps when making on-the-go choices:

- Order sandwiches with whole-wheat bread.
- Choose main dishes with vegetables.
- Order water, fat-free or low-fat milk or other drinks without added sugars.
- Avoid fried or sautéed foods.
- Have a serving of fruit for dessert.
- Skip large portions and order small or medium ones.
- Order from the menu instead of all-you-can-eat buffets.
- Share a dish with a friend or eat half and take the other half home.

When you eat on the go, remember to give healthy choices a go, too.

Sources: United States Department of Agriculture; Centers for Disease Control and Prevention

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
- Fruits
- Grains
- Dairy
- Protein

Fill up on healthy helpings of food from each group and keep your weight and health in check.

Source: United States Department of Agriculture

Rate Your Plate

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.

READ UP FOR HEALTH

GET THE FACTS

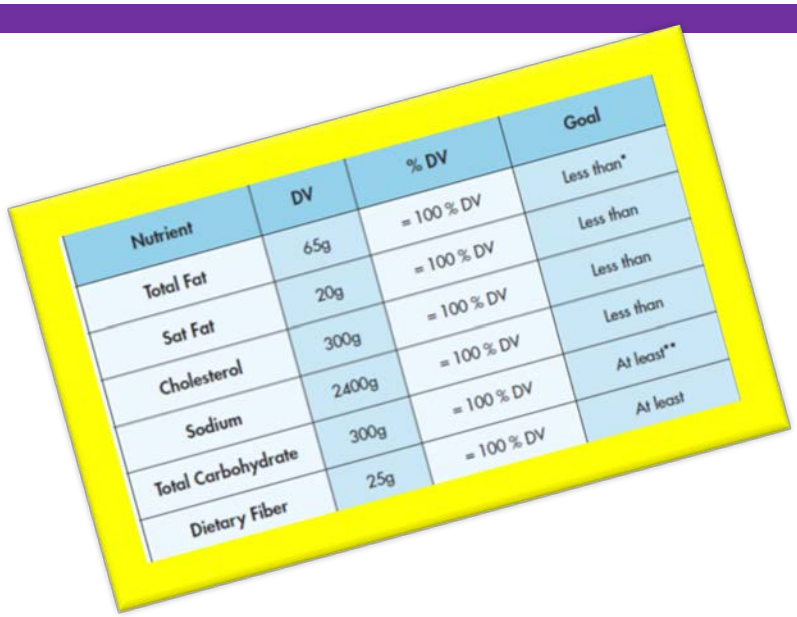
Knowing How to Look at Labels is Key

Did you know the labels on food can help you eat more balanced meals each day?

Check nutrition facts first:

• Check serving size and number of servings. Note how many servings you really eat.

• See how many calories are in a serving and how many of those are fat.



Nutrient	DV	% DV	Goal
Total Fat	65g	= 100 % DV	Less than*
Sat Fat	20g	= 100 % DV	Less than
Cholesterol	300g	= 100 % DV	Less than
Sodium	2400g	= 100 % DV	Less than
Total Carbohydrate	300g	= 100 % DV	At least**
Dietary Fiber	25g	= 100 % DV	At least

• Look for healthy nutrients such as potassium, iron, calcium and vitamins A and C. You should be sure to add these often in your food plan.

• Compare calories and nutrients between brands to make a healthier food choice.

Try these helpful tips:

• Choose foods that are low in saturated fat, cholesterol, Trans fat and salt.
• Limit sugary foods. Added sugar shouldn't be high on the ingredient list.
• Look for whole grains to be first in the ingredient list.
• Find lean, low-fat or fat-free protein foods.

Understanding daily values

The Percent Daily Value (% DV) on the label helps you know how nutrients in a serving of food add to your diet:

- DV of 5 percent or less means the nutrient is low.
- DV of 20 percent or more means it's high.
- Also, note that the DV percent is based on a 2,000-calorie food plan, which may be more than you should be eating.

Source: U.S. Food and Drug Administration

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:

• Learn how many calories you need a day. Visit ChooseMyPlate.gov to find what's right for you.
• 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 half your plate with fruits and veggies.
• Eat less food, but take your time and enjoy it.

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

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

Source: United States Department of Agriculture

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.

Little things mean a lot: Split large package contents into smaller containers to help avoid overeating.

Get Smart about Portion Control

Source: Centers for Disease Control and Prevention

Know Your Limits for Healthy Weight

A calorie is simply a unit of energy you get from food. Everyone has their own calorie limit. Staying within yours can help keep you at a healthy weight.

Take command of calories with these actions:

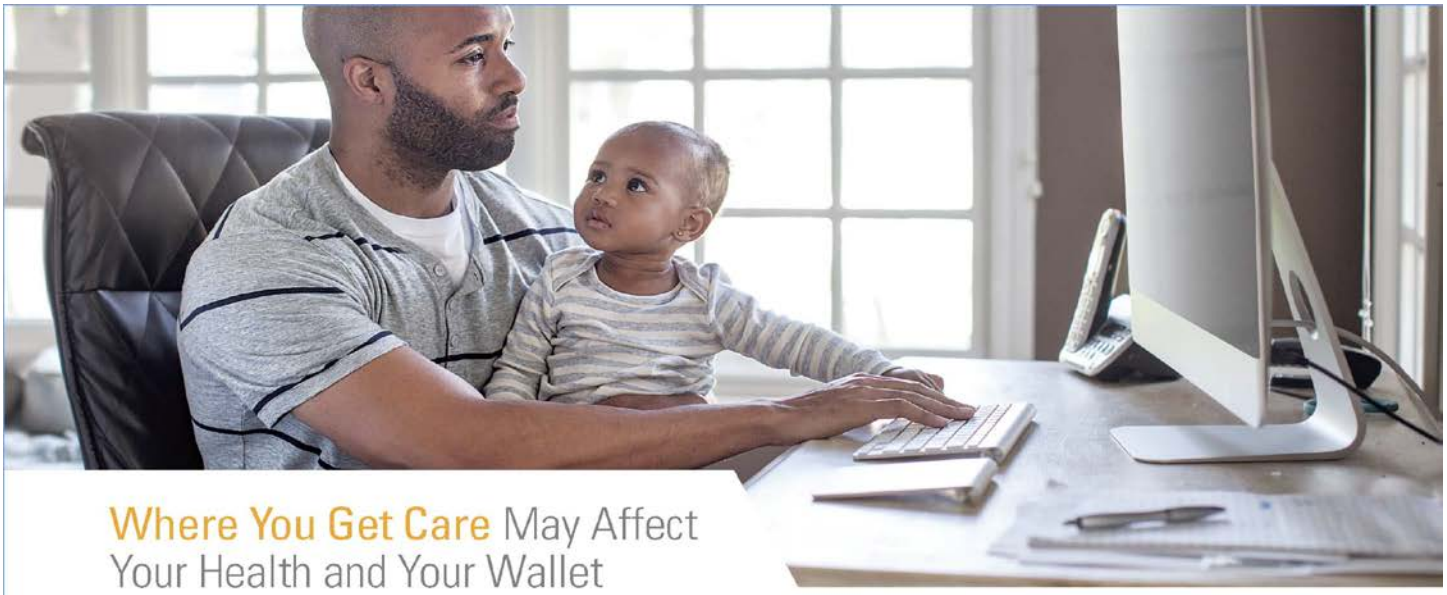
• Keep a food diary to track calories and be aware of what you eat or drink.
• Remember a calorie is a calorie, even if foods are fat-free.
• Increase physical activity and reduce calories to lose weight.

Solve the good health equation by counting your daily calories.

To figure out what your daily calorie limit should be, visit ChooseMyPlate.gov and look in the Weight Management and Calories tab.

Source: Centers for Disease Control and Prevention

Did You Know?



Where You Get Care May Affect Your Health and Your Wallet

Be a Smart Health Care Shopper with Help from Blue Cross and Blue Shield of Texas (BCBSTX)

There's a lot to think about when deciding where to get health care. Just take a look at how much prices differ for the same procedure in the same area.

Procedure	Provider A[1]	Provider B[1]	Difference
MRI of the Brain	$513	$4,073	$3,560
Hysterectomy	$7,433	$35,039	$27,606
Hernia Repair	$3,170	$10,723	$7,553
Knee Replacement	$17,003	$61,930	$44,927

* Note that costs are examples and may not apply to every member's situation.

Being informed does not have to be tricky and there are resources available for helping make the best decision for you.

Use Provider Finder® to help make more informed health care choices by:

Checking costs before your appointment: We're here to help you find quality independently contracted health care providers that may cost less and to help you understand what you may need to pay based on your plan's copay, coinsurance, deductible and other benefits.

Finding out how doctors in your area compare: Find a doctor in your network. Check if your facility has been recognized for providing quality care. Or read reviews and ratings from other members and share your own.

Go Online

Log in to Blue Access for Members℠ (BAM) at bcbstx.com, anytime, day or night.

Click **Doctors & Hospitals** to compare costs and find providers in your network.

Get the App

Text* BCBSTX to 33633 to download our app.

Go to the App Store or Google Play.

Use the app to find all kinds of useful information to help you choose a provider and save money.

1. Allowable in-network cost data from providers within a 50-mile radius of Dallas, Texas. Costs are examples and may not apply to every member's situation.
* Message and data rates may apply. Terms and conditions and privacy policy are available at **bcbstx.com/mobile/text-messaging**.

BlueCross BlueShield of Texas

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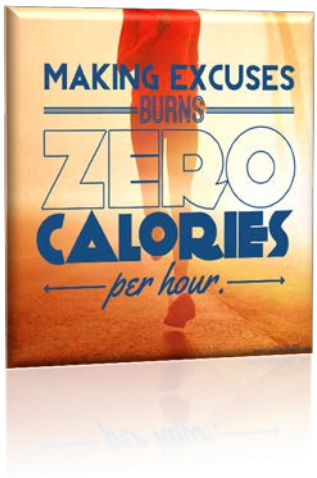
Let's Get Moving!

Move of the Month



Last Month's Events:

Health and Wellness Seminar "Healthy Heart"

Upcoming Events:

ICMA-RC Site Visit
Date: Wednesday, March 6, 2019
Time: 8:30 a.m. – 3:30 p.m.
by appointment
Location: City Hall Community Room

Health and Wellness Seminar
Topic: "Healthy Eating"
Date: Thursday, March 14, 2019
Time: 12:00 p.m. (Lunch provided)
Location: City Hall Community Room

Airrosti
Topic: " Health on the Move"
Date: Thursday, March 28, 2019
Time: 12:00 p.m. (Lunch provided)
Location: City Hall Community Room

Airrosti Injury Assessment
Date: Friday, March 29, 2019
Time: 9:00 a.m. – 12:00 p.m.
by appointment
Location: City Hall Community Room