

Food for Thought: How to Eat Right

LiveLifeWell

Get Balance. One way to LiveLifeWell is to eat a diet that includes foods from all the major nutrient groups. A balanced eating plan will help you attain and maintain a healthy weight and can reduce your risk of cancer, high blood pressure, diabetes and other illnesses.

Get Free Nutritional Counseling. If you're enrolled in select Abbott health plans, you're eligible for up to three individual nutritional counseling sessions covered at 100% (after copay) when you visit an in-network registered dietician or other qualified licensed health professional.

For more information, contact: BlueCross BlueShield of Illinois—www.bcbsil.com/abbott, **(800) 671-1210**; or UnitedHealthcare—www.myuhc.com, **(800) 603-3813**. To learn more about good nutrition, you can also visit iLiveLifeWell.com and click on "Eat Right."

Get Help. Personalized health coaching can give you the support you need to set and reach goals, stay on track and feel your best. This resource is completely confidential; Abbott will not have access to your personal health information. Call **(877) 292-1373** to see if health coaching might be right for you.

10 Fun Food Facts

1 If you need 2,000 calories a day to maintain your weight and health, you should eat at least nine servings (4-½ cups) of fruits and vegetables each day, including dark leafy greens, tomatoes and anything that's a rich yellow, orange or red color.

2 Oranges, grapefruit and other citrus fruits contain vitamin C, potassium, folate, calcium, thiamin, niacin, vitamin B6, phosphorus, magnesium, copper, riboflavin, pantothenic acid and a variety of phytochemicals.

3 You're 2.7 times more likely to eat healthy snacks if they're on the middle shelf of your refrigerator than if you've hidden them in the crispers, according to a Cornell University study.

4 About 25% of boys ages 9 to 13 don't get enough calcium, a nutrient critical for healthy bone development and overall health.

5 Pomegranates are rich in antioxidants that may help protect your heart and arteries.

6 You can whip up a healthier omelet by substituting mushrooms, onions, peppers or mushrooms for one of the eggs or half the cheese; you'll increase the volume and flavor and lower the calorie count.

7 Onions contain a mild antibiotic that can help fight infections, soothe burns, tame bee stings and treat athlete's foot.

8 Teens who eat breakfast regularly are more likely to have a lower, healthier body mass index (BMI).

9 Eating two grapefruit a day increases blood levels of vitamin C, which can promote wound healing and help the body fight infection.

10 Fish is brain food. It's a good source for omega-3 (or polyunsaturated) fatty acids, which play a crucial role in brain function as well as normal growth and development. The American Heart Association recommends that adults with no heart problems eat fish at least twice a week.

Find more LiveLifeWell Tips at iLiveLifeWell.com.

brought to you by myHR

 **Abbott**
A Promise for Life