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It's delightful. It's delicious. But, is it nutritious?

An apple a day keeps the doctor away.

Man shall not live by bread alone.

You are what you eat.

You've probably heard all of these sayings before. But did you know that they all share a message about the importance of eating a balanced, nutritious diet?

Research has shown a strong relationship between people's diets and their overall well-being. Proper nutrition can improve your health and potentially reduce the risk of developing certain diseases, such as diabetes, cancer, coronary heart disease and osteoporosis.

Eating nutritious foods is just one aspect of a healthy diet. You also need balance in your diet. Too much or too little of something can cause negative impacts on your health; depriving your body of important nutrients is just as bad as bingeing on too much food. It's important to get the most nutrition from your food choices.

Try following these tips for a balanced, healthy diet:

- **Make healthier choices.** Reduce the amount of calories, fat, sugar and salt in your diet.
- **Eat enough servings of fruits and vegetables every day.** Just how much is "enough" depends on your age, sex and level of physical activity.
- **Eat foods that are high in fiber and low in fat.** Fiber helps make you feel full, so you'll eat less. Learn how to substitute higher-fat items with lower-fat counterparts.
- **Be aware of portion sizes.** Use scales or measuring cups to make sure you're not taking a larger portion than the recommended serving size. When eating out, keep in mind that portion sizes are often larger at restaurants.
- **Limit your alcohol intake.** Alcohol has a lot of calories, but almost no nutritional value.



Want to know more about how to get the most nutrition in your diet? Contact a registered dietitian who will use scientific information to advise you on how to develop better eating habits in order to improve your overall well-being.

After all, an ounce of prevention is worth a pound of cure!

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Please consult your physician for specific advice regarding recommendations for your individual circumstances.

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