<table>
<thead>
<tr>
<th>GRAINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>MILK</th>
<th>MEAT &amp; BEANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make half your grains whole</td>
<td>Vary your veggies</td>
<td>Focus on fruits</td>
<td>Get your calcium-rich foods</td>
<td>Go lean with protein</td>
</tr>
<tr>
<td>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</td>
<td>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</td>
<td>Eat a variety of fruit</td>
<td>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</td>
<td>Choose low-fat or lean meats and poultry</td>
</tr>
<tr>
<td>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</td>
<td>Eat more orange vegetables like carrots and sweetpotatoes</td>
<td>Choose fresh, frozen, canned, or dried fruit</td>
<td>If you don’t or can’t consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</td>
<td>Bake it, broil it, or grill it</td>
</tr>
<tr>
<td></td>
<td>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</td>
<td>Go easy on fruit juices</td>
<td></td>
<td>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</td>
</tr>
</tbody>
</table>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

- Eat 6 oz. every day
- Eat 2 ½ cups every day
- Eat 2 cups every day
- Get 3 cups every day; for kids aged 2 to 8, it’s 2
- Eat 5 ½ oz. every day

Find your balance between food and physical activity
- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
Tips for Healthy Eating

Do select foods that are:
- Steamed
- Grilled
- Baked
- Poached
- Light
- Heart-wise
- Reduced calorie
- Garden-fresh
- Broiled
- Roasted
- Lightly sautéed or stir-fried
- Heart-smart
- Broth-based
- Reduced fat

Don't select menu items with words such as:
- Creamed
- Fried
- Super-sized
- Battered
- Old-fashioned
- Cream of
- Sautéed
- Biggie
- Buttered

Grains
- Start your day with a healthy breakfast of oatmeal or a couple of slices of whole-wheat toast.
- Add barley to vegetable soup.
- Snack on whole-wheat crackers or whole grain cereals.
- Choose whole-wheat bread, muffins, and bagels over white.
- Snack on plain popcorn.
- Replace white flour with a whole-wheat alternative.
- Try cooking brown rice and whole-wheat pastas.
- Choose foods that are “whole-grain” or “100% whole wheat”

Vegetables
- Buy fresh vegetables in season. They cost less and are likely to be at their peak of flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Vary your vegetable choices to keep meals interesting.
- Eat a variety of “color” of vegetables, such as orange, yellow, light green, dark green, and red.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce and lasagna.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies.
- Grill vegetable kabobs as part of a barbecue meal.

Fruits
- Fruits and fruit juices can be naturally high in sugar. Don’t go over your recommended daily amount.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak of flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice), as well as fresh, so that you always have a supply on hand.
Tips for Healthy Eating

- For breakfast, top your cereal with bananas, peaches, or berries; add blueberries to pancakes; drink 100% orange or grapefruit juice – but be sure to read the label for calorie information and sugar content. Try fruit mixed with low-fat (1%) or fat-free yogurt.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- For dessert, have baked apples, pears, or a fruit salad.
- Cut-up fruit makes a great snack. Either cut them yourself or buy pre-cut packages of fruit pieces such as pineapples and melons. Or, try whole, fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and they store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- Spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Make a fruit smoothie by blending fat-free or low-fat (1%) milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, and other berries.

Milk Products

Avoid:
- Cream cheese
- Cream
- Butter

Choose:
- Fat-free
- Low fat (1%)

Meat and Beans

- Nuts are high in fat and calories. Eat them in smaller servings.
- Make most of your meat choices lean or low fat.
- Fish, nuts, and seeds contain “good fats”, so try to eat them more often than red meat or chicken.

Fats and Oils

- Although some fats are healthier than others, all are high in calories and should be eaten in moderation.
- Limit solid fats like butter, margarine, and shortening, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated and trans fats low.
- Try to make most of the fats you eat “good fats” (monounsaturated and polyunsaturated). Some examples of “good fats” are:

<table>
<thead>
<tr>
<th>- Olives</th>
<th>- Avocados</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Olive oil</td>
<td>- Nuts</td>
</tr>
<tr>
<td>- Canola oil</td>
<td>- Fish</td>
</tr>
<tr>
<td>- Peanut oil</td>
<td>- Soybeans</td>
</tr>
</tbody>
</table>

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Knowing Your Nutrition Facts Labels

Nutrition Facts labels are required on prepared foods sold in the United States. They are a valuable resource for choosing a healthy diet, and it’s important to know what kinds of information they contain and how to read them.

1. **Serving Size.** The first place to start when you look at the Nutrition Facts label is the serving size. This can be tricky because sometimes a package contains more than one serving. Make sure to always check the number of servings in the package.

2. **Calories.** This section tells you the number of calories per serving. You’ll need to know how many servings you’re consuming to calculate how many calories you’re getting.

3. **Limit these nutrients.** Next, look at the calories from fat. If half the calories in an item are from fat, it’s a high-fat item. This means you’ll either want to avoid it, minimize how much you eat, or balance it with low-fat foods.

   The amounts of saturated and trans fat are broken out next on the label. Try to minimize those and consume mostly mono- and polyunsaturated fats.
Knowing Your Nutrition Facts Labels

Cholesterol and sodium (or salt) are listed next and should also be minimized. Be sure to watch out for high amounts of sodium in canned vegetables, diet sodas, and juices. Always check the nutrition label for the sodium content.

These are followed by carbohydrates, with sugars and fiber broken out. Try to minimize sugars and get plenty of fiber.

4. Get enough of these nutrients. Next comes protein, which is an important part of a healthy diet.

5. The Percent Daily Value (%DV). The Percent Daily Value (%DV) helps you determine if a serving of food is high or low in a nutrient. A few nutrients, like trans fat, do not have a %DV, as you should try to keep these to a minimum.

Once you learn to read and interpret nutrition labels it will probably come easy to you, and you may find them extremely helpful in your quest to eat healthy.

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Make Meal Planning a Family Affair

Meal planning is an activity that the entire family can join in on. This sheet can help you to get started.

1. **Set some family time for meal planning for the week.**
   
   We will take some time to plan our meals on: ________________________________

2. **Let everyone suggest a meal or dish – keep it nutritional.**
   
   Our suggestions:
   
   ____________________________  ____________________________  ____________________________
   ____________________________  ____________________________  ____________________________
   ____________________________  ____________________________  ____________________________

3. **Bring some sample recipes that are simple and healthy.**

4. **Choose a meal.**
   
   The meal we chose is:
   
   __________________________________________

5. **Inventory the ingredients and assign shopping duties if needed.**
   
   ____________________________  ____________________________
   ____________________________  ____________________________
   ____________________________  ____________________________
   ____________________________  ____________________________

6. **Decide who the “head chef” will be and assign tasks for assistant chefs.**
   
   Head Chef: ____________________________________________
   
   Assistant Chefs: Tasks:
   
   ____________________________  ____________________________________________
   ____________________________  ____________________________________________
   ____________________________  ____________________________________________
   ____________________________  ____________________________________________

7. **Keep it simple and fun. And enjoy!**

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Planning Your Meals

Try using the following chart to plan your meals for the next week. You may want to make copies first so you can re-use it. By listing your ingredients you can have a handy shopping list to take with you to the store. Another tip is to save the weekly charts you plan so you can look back in case you run out of ideas. It can also be an easy way to see how much you need to improve your eating habits.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
</tr>
</tbody>
</table>
Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to sue.weinberger@cigna.com.

Your company: ________________________________

Seminar date: _____________ Company city, state: _______________________

Presenter: _________________ Title of seminar: __________________________

Please state your agreement/disagreement with the following statement using this scale.

<table>
<thead>
<tr>
<th>4 Strongly Agree</th>
<th>3 Agree</th>
<th>2 Disagree</th>
<th>1 Strongly Disagree</th>
</tr>
</thead>
</table>

1. SEMINAR CONTENT:
   a. The information I received was helpful. 4 3 2 1
   b. The seminar met the stated objectives. 4 3 2 1

2. SPEAKER EVALUATION:
   a. The speaker presented the information clearly. 4 3 2 1
   b. The speaker responded well to participants. 4 3 2 1
   c. The speaker was knowledgeable on the subject. 4 3 2 1

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?