

Nutrition FUNdamentals

Less for success – foods to limit

Week 5



Employer Guide

Eating added salt and sugar can be bittersweet. We love the taste, but too much isn't good for us.

Today's American diet is loaded with sodium, which is a known contributor to high blood pressure. Table salt is comprised of 40 percent sodium, and sodium is used in many processed and packaged foods, and it is a major component in baking soda.

Sugar is also added to foods in abundance, and we all know what too much of it can lead to—extra pounds. Typical names of added sugars include brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose and syrup.

Of course we don't have to eliminate foods having added salt and sugar entirely. Week 5 of **Nutrition FUNdamentals** provides your employees with the information and tools they need to learn how to limit sodium and sugar in their diets and still allow room for a few of their favorite treats.

Week 5 handouts

[Putting a halt on too much salt](#)

[Beyond the salt shaker](#)

[Tips to cut back on added sugars](#)



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Steps for success



Distribute Week 5 handouts

Reinforce the importance of limiting added salt (sodium) and sugars and the health benefits and risks associated with them.

Remind your employees about wellness resources

Continue to promote resources available through Blue Access® for Members. Your employees can use the Personal Health Manager's *Ask A Dietitian* feature for questions about hidden sodium and sugar.

Plan a healthy treat

Consider providing fresh apples as an afternoon snack one day this week for your employees. Varieties of apples like Red Delicious, Yellow Delicious and Gala are naturally sweet and can help eliminate sugar cravings.

Next week is the final week of **Nutrition FUNdamentals**.
Encourage your employees to stay on track.

