

# Nutrition FUNdamentals

## Program wrap-up

Week 6



## Employee Guide

Congratulations! You are completing the final week of learning to eat healthy. **Nutrition FUNdamentals** has introduced you to portion sizes, understanding food labels, and the impact of sodium, sugars and fats on health and well-being. In this final week of the program, you'll learn more skills for making healthy food selections, whether at home or when dining out.

Smart eating plans begin with making healthy choices, such as curbing dietary fats, cooking meals from low-fat recipes and selecting healthier options from restaurant menus. Knowing the ins-and-outs of recipe makeovers and dining tips will help you remain committed to good nutrition.

### Week 6 Handouts

**Wise up and slim down with good food choices** – Cut back on fats and protect your heart and your waistline.

**Eat out, eat healthy** – It can be done!

**Recipe for good health** – Most recipes can easily be altered by substituting healthier ingredients and varying your cooking technique.

**Nutrition FUNdamentals Program evaluation**



**BlueCross BlueShield of Texas**  
*Experience. Wellness. Everywhere.™*



# Getting started



## Explore the Week 6 handouts

As the program concludes, you'll gain even more skills to help you find your way through the nutrition maze, including tips on eating out, healthy recipes and trimming the fat in your diet.

## Get more tips from the Personal Health Manager

The *Eat Right* feature is a great way to get fast food options for menus suited to your needs. Now that you've wrapped up **Nutrition FUNdamentals**, stay connected to Blue Access® for Members and the Personal Health Manager. You'll find trusted advice on nutrition and other topics to help you achieve optimal health.

## Continue to check your progress

There's always something new to learn when it comes to nutrition and healthy choices. As you make lifestyle changes, be on guard for triggers that might throw you off course. And keep in mind that eating healthy makes you feel better, a real motivator for long-term success.

## Complete the evaluation form and return it to your program coordinator

Your valued feedback will help in assessing the success of **Nutrition FUNdamentals** and designing future wellness programs.

**Nutrition FUNdamentals** doesn't end here. Visualize success and stay positive. Sticking with this program shows your commitment to eating better and making healthy food choices. By taking the knowledge from this program and continuing to put it into action, you hold keys to a lifetime of good nutrition.