

HEALTHY SUMMER, HAPPY SUMMER >>>>

BUILD A BETTER YOU WITH BALANCED MEALS

Summer barbeques and picnics can offer a tempting range of choices that are high in calories and sugar, but you can still enjoy all the fun while staying within your healthy eating goals. Try eating smaller portions, limiting carbohydrates and increasing fruits, veggies, healthy fats and fiber.

It's hard to know how to create a healthy meal. To make it easier, remember this: *It's all in how you plate it.* Draw an imaginary line down the middle your plate and divide one section in half so you have three sections—one large and two small. Then fill it accordingly:



NON-STARCHY VEGETABLES

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Kale
- Lettuce
- Mushrooms
- Peppers
- Spinach
- Zucchini



GRAINS AND STARCHY FOODS

- Beans (black, lima, pinto)
- Corn
- Potatoes/Sweet Potatoes
- Quinoa
- Rice
- Bread or roll



PROTEIN

- Chicken
- Eggs
- Tofu
- Salmon
- Turkey

ON THE SIDE, YOU MAY HAVE:



A small
piece of fruit



One cup of dairy or a
low-calorie beverage

FIGHT CHRONIC INFLAMMATION >>>>

When your immune system perceives something as dangerous, it overreacts to protect you – even if the danger isn't real. This can trigger inflammation, a process that plays a vital role in healing, but that can increase the risk of disease when it occurs day in and day out. Surprisingly, one of the most powerful tools to combat chronic inflammation comes not from the pharmacy but from the grocery store.

FOODS THAT FIGHT INFLAMMATION



Tomatoes



Olive Oil



Leafy Greens



Nuts



Fatty Fish



Fruits

A diet filled with these natural, whole foods may reduce your risk of complications from chronic conditions and will have a positive effect on physical and emotional health.

SHAKE THE SALT >>>>

A heart-healthy diet means lower sodium. The best way to reduce sodium is to avoid prepackaged, processed, and prepared foods. A low-sodium diet is also proven to promote weight loss. Here are some tips to make low-sodium choices a habit:

- Look for “low salt,” “low sodium,” or the American Heart Association’s Heart-Check Mark on packaging
- Choose no salt added versions of frozen or canned vegetables
- Choose fruit and raw vegetables as snacks
- Select unsalted nuts, seeds, dried beans, peas, and lentils
- Select unsalted or low-sodium, fat-free broths, bouillons or soups
- Avoid adding salt to your food
- Get creative with seasonings by using fresh or dried herbs, spices, and/or fruit juices to flavor foods and beverages



Learn more about easy ways to cut down on sodium when cooking. Scan the QR code below to download the tip sheet.

3,400 mg
Average sodium
an American
consumes daily

1,500 mg or less
Recommended by
the AHA for ideal
heart health

AVOID THE “SALTY 6”



Breads
and rolls



Cold cuts and
cured meats



Poultry
(brined or fried)



Pizza



Sandwiches



Soup

MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

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QuadMed

TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM



Scan the code to access the
TakeControl website today.