

Information you can use to TAKE **CONTROL** of your health

Issue 2, 2023

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



TakeControl educators can provide personalized support and accountability to help you achieve lifestyle changes that can improve your health. Call today to schedule a free session.

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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





Olive Oil



Leafy Greens







luts

Fatty Fish

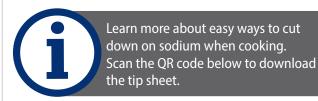
ruits

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





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"







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 an active member, you are eligible for discounts on condition-related supplies and medications by committing to the program and completing the requirements outlined for your condition.

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

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Scan the code to access the TakeControl website today.