

Step up to the Plate



Balancing Food and Calories

Eating healthy means eating the right amount of calories. It also means eating healthy foods more often than unhealthy foods. Here's what else you can do:

- Learn how many calories you need a day. Visit **ChooseMyPlate.gov** to find what's right for you.
- Limit your intake of salt (sodium) and check food labels to see how much salt is in what you're eating.
- Cut back on sugary foods, such as cookies, cake and candy, and fatty, high-salt foods like hot dogs or bacon.
- Make half your grains whole grains.
- Eat and drink fat-free or low-fat dairy products.
- Fill half your plate with fruits and veggies.
- Eat less food, but take your time and enjoy it.

Choose the right amount of calories, watch what you eat and add physical activity to your daily life. Go to Blue Access for MembersSM for more tips on how to eat healthy and stay active.



Hunger hint: Listen to your hunger cues and stop eating when you are full.



**BlueCross BlueShield
of Illinois**

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