



Making Healthy Food Choices

The food choices you make have a huge impact on your physical health and overall wellbeing. The next time you shop for groceries or visit a restaurant, consider these tips:

- Choose fresh, raw fruits and vegetables over processed or canned varieties. Fresh fruits and vegetables provide necessary vitamins, minerals, and fiber.
- Choose foods with minimal added ingredients. A whole-grain, all-natural bread with a short list of ingredients is usually healthier than bread with a long list of additives.
- Opt for lean proteins, such as turkey or skinless chicken breast, seafood, and fish. Other good sources of protein include egg whites, low-fat yogurt or cheese, skim milk, beans, lentils, and chickpeas.
- Bake or cook with monounsaturated fats, such as olive, sesame seed, or canola oil.
- Be wary of “label hype.” Some products that say “fat free” may be high in sodium, sugar, or calories. Check the product information on the back of the package for the food’s actual nutritional benefit.
- Opt for healthier sides, such as salad in place of fries, when ordering restaurant food. Some restaurants will provide helpful information on the menu, such as the



number of calories or whether a food option is a “heart-healthy” meal.

- When you travel, plan ahead by looking up the available restaurant options near your destination. For road trips, consider packing a cooler with healthy meals and snacks rather than eating out for the entire journey.

If you are struggling to make healthy food choices, LifeMatters can help. Available resources include:

- The **Financial Consultation Service** can help you review your grocery budget.
- Visit **mylifematters.com** to:
 - Access grocery coupons and food delivery discounts through the **Discount Center**.
 - Take the **MyWellbeing Profile** to evaluate your physical wellbeing and schedule an appointment with a coach.

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing
mylifematters.com • 24/7/365 • CRS TTY: 711

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice.

