

# What is “hydroxyanisole” anyway?



## Before you dig in, know what your digging into.

Read the Nutrition Facts label before you decide whether to eat up or move on. That tiny bag of chips may hold two servings. And those low-fat cookies may be loaded with sugar and calories. Make healthy choices – check the serving size and calories; limit saturated fat, cholesterol and sodium; and aim for more fiber and nutrients.<sup>1</sup> No label? No problem. You can get the scoop on many foods online at the USDA Nutrient Database at [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) or at [www.nutritiondata.com](http://www.nutritiondata.com). **That's time well spent.**

Visit MyHealth@Anthem at [anthem.com](http://anthem.com) to learn more about healthy eating.



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<sup>1</sup> U.S. Food and Drug Administration, "How to Understand and Use the Nutrition Facts Label," <http://vm.cfsan.fda.gov/~dms/foodlab.html>, Nov. 5, 2007.

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