

Lunch Well. Choose Well.



A nutritious step toward a healthier you

Lunch Well is a collaborative program between your employer, you and **Anthem Blue Cross and Blue Shield** that recognizes the importance of lunch during your work day. A lunch break is your time to rest and refuel for the second half of your busy schedule. It is also an optimal time for you to make a few healthful food choices to keep you well and functioning at your best level.

If you are like most people, you probably don't think of lunch as being an important meal of the day. In fact, you probably eat lunch in a hurry during the work-week and feel that you have limited control over your portion sizes and your food options. The good news is that lunch is full of choices. Lunch Well will give you practical tips on how to select tasty, filling and nutritious choices for lunch – whether you eat at your desk or in a five-star restaurant!

Healthful eating can be a pleasure. Lunch Well can show you how eating for your health can come from a variety of colorful, tasteful foods that we should enjoy every day.

Lunch Well provides information on basic, good-sense nutrition to help you make the best choices no matter where your lunch comes from – your lunch box, a restaurant, drive-through or other. The program is based on the Dietary Guidelines for Americans 2005 published by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.

Lunch Well is designed to help you:

- Consider the basic food groups as part of your daily lunch plan
- Choose wisely among the options available to you at lunch time
- Balance moderation with the right portions of your lunch choices
- Get the most nutrition from the calories consumed
- Maintain energy levels, stay productive on the job
- Enjoy healthier eating, whether you pack a lunch or dine out

Eating higher-nutrient foods can give you more energy and keep you productive and well. In fact, studies have shown that healthy eating may help prevent or reverse unhealthy conditions like Type 2 diabetes, obesity and high blood pressure. In addition to healthy eating, adding physical activity to your daily routine may even strengthen your body's ability to avoid heart disease, stroke and certain cancers. This is great news – especially if you like to eat and stay well.

So, Lunch Well and Choose Well! The five main food groups – whole grains, fruit, vegetables, milk and meat/beans – are recommended to help you get the most nutrition from the calories you consume. Think of these groups as you prepare your lunch at home or before you order from a menu. Lunch Well also provides you with portion suggestions to help you better understand the recommended amounts to eat from each food group.



Source: United States Department of Health and Human Services and the United States Department of Agriculture - www.mypyramid.gov.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

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