How do you get started on healthy eating?

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

A change to healthier eating also includes learning about balance, variety, and moderation.

- **Aim for balance.** Most days, eat from each food group—grains, proteins, vegetables and fruits, and dairy. Listen to your body. Eat when you’re hungry. Stop when you feel satisfied.
- **Look for variety.** Be adventurous! Choose different foods in each food group. For example, don’t reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need.
- **Practice moderation.** Don’t have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be OK!

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**Try roasting for extra flavor!**

Running out of ideas for preparing fruits and veggies? Try roasting them to bring out their flavor. Just sprinkle a small amount of olive on top and bake in the oven until tender. Then, enjoy!

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**Upcoming events**

**Wellness Webinar Series**

**Shop Smart & Meal Planning**
March 13, 2018
9:00 am, 11:30 am and 3:30 pm CT

**Work, Life, and You**
April 10, 2018
9:00 am, 11:30 am and 3:30 pm CT
Spice it up!

Herbs and spices are a fun and easy way to rev up the flavor in your favorite dishes. Best of all, they can help reduce the amount of salt, fat, and sugar you use. There are so many different combinations of herbs and spices that can help your healthy dishes come to life. You don’t even have to be a seasoned chef. Ready to try something new? Want to get creative in the kitchen? It’s easy with herbs and spices.

Tips for using herbs and spices
- Use dried or fresh herbs to flavor pasta, veggies, salads, meats, omelets, and breads
- Add fresh herbs towards the end of cooking so they don’t overcook
- Add dried herbs near the start of cooking for the most flavor
- To save money, grow your own herb garden

Coach’s corner

Meet Judy, a coach who enjoys sharing the benefits and simplicity of eating whole foods. She loves to help people learn how to introduce unprocessed foods into their meal plans to support their health. Eating for health and eating to enjoy food can go hand in hand.

Judy’s tips
Don’t miss out on chances to pop more real food into your mouth. This can make you healthier on the spot! Try:
- Nuts or seeds
- Yogurt with berries
- Fruit with nut butter
- Bean dip with veggies

What is one whole food you may like to start eating? Try it and see how easy it can be to eat more of them!

Check out the NEW ActiveHealth Mobile App

Here is how you can start using the new mobile app today—
1. Download the ActiveHealth app in the App Store or from Google Play.
2. Have you registered already at MyActiveHealth.com? If so, use your username and log in information. If not, complete the registration.
3. Complete or update the Health Assessment and begin working on your health goals.

For technical support call: 888-588-8741

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