Healthy Eating

Eating healthy means getting enough vitamins, minerals, and other nutrients – and limiting unhealthy foods and drinks. Eating healthy also means getting the number of calories that’s right for you (not eating too much or too little).

To eat healthy, be sure to get plenty of:
- Vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Seafood, lean meats and poultry, eggs, beans, peas, seeds, and nuts

It’s also important to limit:
- Sodium (salt)
- Added sugars – like refined (regular) sugar, brown sugar, corn syrup, high-fructose corn syrup, and honey
- Saturated fats, which come from animal products like cheese, fatty meats, whole milk, and butter, and plant products like palm and coconut oils
- Trans fats, which may be in foods including stick margarines, coffee creamers, and some desserts
- Refined grains which are in foods like cookies, white bread, and some snack foods

A healthy diet can keep you healthy. Eating healthy is good for your overall health. Making smart food choices can also help you manage your weight and lower your risk for certain chronic (long-term) diseases.

When you eat healthy foods – and limit unhealthy foods – you can reduce your risk for:
- Heart disease
- Type 2 diabetes
- High blood pressure
- Some types of cancer
- Osteoporosis (bone loss)

Take Action!
Making small changes to your eating habits can make a big difference for your health over time. Here are some tips and tools you can use to get started.

Keep a food diary.
Knowing what you eat now will help you figure out what you want to change. Write down:
- When you eat
- What and how much you eat
- Where you are and who you are with when you eat
- How you are feeling when you eat

For example, you might write something like:
"Tuesday 3:30 pm, 2 chocolate chip cookies, at work with Mary, feeling stressed."

Shop smart at the grocery store.
The next time you go food shopping:
- Make a shopping list ahead of time. Only buy what’s on your list.
- Don’t shop while you are hungry – eat something before you go to the store.

Use these tips to buy healthy foods:
- Try a variety of vegetables and fruits in different colors
- Look for low-sodium foods
• Choose fat-free or low-fat dairy products.
• Replace old favorites with options that have fewer calories and less saturated fat.
• Choose foods with whole grains – like 100% whole-wheat or whole-grain bread, cereal, and pasta.
• Buy lean cuts of meat and poultry and other foods with protein – like fish, seafood, and beans.
• Save money by getting fruits and vegetables in season or on sale.

Eat healthy away from home.
You can make smart food choices wherever you are. Try these tips for eating healthy when you are away from home:
• At lunch, have a sandwich on whole-grain bread instead of white bread.
• Skip the soda – drink water instead.
• In a restaurant, choose dishes that are steamed, broiled, or grilled instead of fried.
• On a long drive or shopping trip,
  • pack healthy snacks like fruit or unsalted nuts

Read the ingredients list.
To limit added sugars in your food, make sure that added sugars are not listed in the first few ingredients. Names for added sugars include: sugar, corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

Read the Nutrition Facts label.
Understanding the Nutrition Facts label on food packages can help you make healthy choices.

First, look at the serving size and the number of servings per package – there may be more than 1 serving!

Next, check out the percent Daily Value (% DV) column. The DV lets you know if a food is higher or lower in certain nutrients. Look for foods that are:
• Lower in sodium and saturated fat
• Higher in fiber, calcium, potassium, and vitamin D

The picture below shows an example of a Nutrition Facts label

If you are worried about your eating habits, talk to a doctor.
If you need help making healthier food choices, your doctor or a registered dietitian can help. A registered dietitian is a health professional who helps people with healthy eating.

If you make an appointment to talk about your eating habits, be sure to take a food diary with you to help start the conversation.

What about cost?
Thanks to the Affordable Care Act, the health care reform law passed in 2010, health plans must cover diet counseling for people at higher risk for chronic diseases like type 2 diabetes and high blood pressure.

Depending on your insurance, you may be able to get diet counseling at no cost to you. Check with your insurance company to find out what’s included in your plan.

For information about other services covered by the Affordable Care Act, visit HealthCare.gov.
If you are age 50 to 75, get tested regularly for colorectal cancer. Colorectal cancer is the second leading cause of death from cancer. But the good news is that getting screened regularly can help find colorectal cancer early – or even prevent it.

You may need to be tested before age 50 if colorectal cancer runs in your family. Talk with your doctor and ask about your risk for colorectal cancer.

How often should I be screened?
How often you get screened will depend on your risk for colorectal cancer. It will also depend on which screening test is used.

There are different ways to test for colorectal cancer. Some tests are done every 1 to 3 years. Other tests are done every 5 to 10 years. Your doctor can help you decide which test is right for you and how often to get screened.

Most people can stop getting screened after age 75. Talk with your doctor about what’s right for you.

What happens during the test?
There are different kinds of tests used to screen for colorectal cancer. Some tests you can do at home, such as a fecal occult blood test. Other tests, such as a colonoscopy, must be done in a clinic or hospital.

You may need to drink only clear liquids (like water or plain tea) the day before your test and use laxatives to clean out your colon. Your doctor will tell you how to get ready for your test.

Does it hurt to get tested?
Some people find the tests for colorectal cancer to be uncomfortable. Most people agree that the benefits to their health outweigh the discomfort.

What is colorectal cancer?
Colorectal cancer is a term that’s used for both colon cancer and rectal cancer. Like other types of cancer, colorectal cancer can spread to other parts of your body. The colon is the longest part of the large intestine. The rectum is the bottom part of the large intestine.

Am I at risk for colon cancer?
People over age 50 are at higher risk of developing colorectal cancer. Other risk factors are:
- Polyps (growths) inside the colon
- Family history of colorectal cancer
- Smoking
- Obesity
- Too little physical activity
- Drinking too much alcohol
- Health conditions, such as Crohn’s disease, that cause chronic inflammation (ongoing irritation) of the intestines

Take control – act early.
If you act early, you have a good chance of preventing colorectal cancer or finding it when it can be treated more easily.

- Polyps found inside your colon during testing can be removed before they become cancer.
- If you find out you have cancer after you get tested, you can take steps to treat it right away.

Take Action!
The best way to prevent colorectal cancer is to get tested starting at age 50.

What about cost?
Thanks to the Affordable Care Act, the health care reform law passed in 2010, most insurance plans must cover screening for colorectal cancer. Depending on your insurance plan, you may be able to get screened at no cost to you.

If you don’t have insurance, you can still get important screening tests.

Get support.
If you are nervous about getting a colorectal cancer test, get support. Ask a family member or friend to go with you. Talk with people you know who have been screened to learn what to expect.

Quit smoking.
People who smoke are more likely to get colorectal cancer. If you smoke, make a plan to quit today.

Watch your weight.
Being overweight increases your chance of developing colon cancer.

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Get active.
Regular exercise may help reduce your risk of colorectal cancer.

Drink alcohol only in moderation.
Drinking too much alcohol may increase your risk of colorectal cancer. If you choose to drink, have only a moderate amount. This means:
- No more than 1 drink a day for women
- No more than 2 drinks a day for men

Eat healthy.
Eating healthy foods that are low in certain kinds of fat – and high in calcium and fiber – may help prevent colorectal cancer.
- You can get calcium from foods like yogurt, cheese, and spinach.
- Fiber is in foods like beans, barley, and nuts.

Talk with your doctor about taking aspirin every day.
Taking aspirin every day can lower your risk of colorectal cancer, heart attack, and stroke. But it’s not right for everyone. If you are age 50 to 59, ask your doctor if daily aspirin is right for you.

To learn more about other services covered by the Affordable Care Act, visit HealthCare.gov.

St. Patty’s Trivia
1. The first St. Patrick’s Day parade was not in Ireland, but in Boston.
2. San Antonio, Texas dyes its river green and renames it the “River Shannon” in celebration.
3. The shamrock’s 3 leaves are meant to represent the Holy Trinity.
4. There are more Americans of Irish origin than there are Irish in Ireland.
5. There are 10,000 three-leaf clovers for every 4-leaf clover.
6. Leprechauns are actually fairies/shoemakers in Irish folklore.

Source: www.hellogiggles.com

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