

# Health Tips

Make Health Happen

TIPS FOR  
HEALTHY EATING

[www.anthem.com/inmedicaid](http://www.anthem.com/inmedicaid)

## Balance is the key when it comes to eating healthy

When it comes to eating healthier, what changes would you like to make? Write them here.

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### Take control of your plate

The USDA recommends choosing from the following food groups daily:



#### Vegetables and fruits

- A variety of fresh vegetables
- Bright and colorful fruits

**Benefit:** Helps reduce risk of heart disease, certain types of cancer and obesity



#### Whole grains

- Whole-wheat bread
- Brown rice
- Oatmeal

**Benefit:** Helps reduce risk of Type 2 diabetes and can help maintain or lower body weight



#### Dairy products

- Low-fat or fat-free milk or soy milk
- Natural or soft cheeses
- Low-fat or fat-free yogurt

**Benefit:** Helps reduce risk of osteoporosis and can lower blood pressure



#### Protein foods

- Lean proteins like fish and poultry
- Beans and nuts

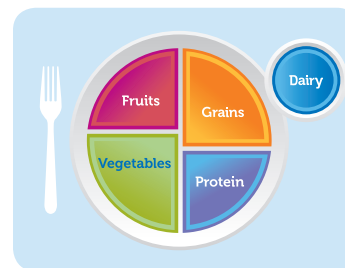
**Benefit:** Helps with the formation of red blood cells and builds muscle

The amount you need may be different based on your age, sex and your physical activity level.

### Take one tip at a time

What healthy tip do you want to try first?

- Add another serving of vegetables to your plate
- Drink a glass of water in place of a soda, juice, sports drink or other beverage
- Avoid going back for seconds
- Limit sugary and salty snacks
- Use food labels to help make healthy choices
- Minimize alcohol consumption



Remember to check with your doctor before starting any type of nutrition or diet program. Find more nutrition tips at [choosemyplate.gov](http://choosemyplate.gov).

**Anthem**    
**BlueCross BlueShield**

Serving Hoosier Healthwise,  
Healthy Indiana Plan and Hoosier Care Connect

### Helpful phone numbers for Anthem Blue Cross DQG Blue Shield members only

#### Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844-284-1797
- TTY: 711

Call for free translation/Llame para una traducción sin costo:  
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);  
1-844-284-1797 (Hoosier Care Connect); TTY 711.