A FRESH LOOK AT HEALTHY EATING

Presented by
Cigna Employee Assistance Program
SEMINAR GOALS

- Examine how habits and patterns impact healthy eating
- Discuss what healthy eating is NOT
- Look at choices for creating a balanced meal
- Explore how you can develop healthier eating behaviors
- Know the benefits of your Employee Assistance Program (EAP)
WHY TAKE A FRESH LOOK AT HEALTHY EATING?

• Unhealthy trends continue
• Our changes don’t last
• Information overload
• Positive incentives
HALFWAY HEALTHY EATING

- Skipping a meal
- Fooling yourself with fast food
- Eating frozen meals
- Following fad diets
- Focusing on weight loss
WHAT DOES HEALTHY EATING MEAN TO YOU?

- More salad and less steak?
  - Balanced meals
- Smaller portions?
  - Patterns and thinking
- Preparing your own meals?
  - Eating in or out
- Following a diet?
  - Weight loss
Eating
the right balance

Source: United States Department of Agriculture (2011)
FINDING THE RIGHT BALANCE

• Whole grain
• Fiber
• Fats
• Antioxidants
• High fructose corn syrup
THINKING ABOUT PORTION CONTROL

- Use smaller plates
- When full, stop
- Cut smaller pieces
- Don’t use serving dishes
- Portion plates
THINKING ABOUT WHEN YOU EAT

- Wait until hungry
- Schedule meals
- Be aware of emotional eating
- Don’t eat before sleep
- Plan ahead with meals and snacks to avoid making hunger-impaired decisions
WHAT IF YOU HAVE A HUNGER ATTACK?

Do you…
• Go to the grocery store?
• Order take-out or delivery?
• Go out to a restaurant?
• Find something quick to snack on?
EATING HEALTHY WHEN GOING OUT

- Eat only half your entrée and save the leftovers
- Split an entrée
- Check menu and nutrition info online before you go to a restaurant
- Try to order fruits and/or vegetables
- Don't be afraid to make a special request
BENEFITS OF PREPARING YOUR OWN MEAL

• Balance your food groups
• Avoid unhealthy additives or preservatives
• Control your portions
• Cook from healthy recipes
HEALTHY EATING AND LOSING WEIGHT

• Maintain healthy eating habits
• Take it slow
• Know the pros and cons of diet programs
• Include physical activity in your life
HEALTHY WEIGHT LOSS TIPS

• Eat lots of fruits and vegetables
• Drink more water
• Keep yourself busy
• Don’t skip meals
Healthy eating…

…healthy you!
Benefits of Employee Assistance Program

**EAP**

- Face to face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Work/Life support such as eldercare, childcare and pet care
- Financial services
- Legal services

*Benefits vary by employer. Please check with your HR for your specific EAP benefits.*
REFERENCES


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