

# Grocery shop for better health.

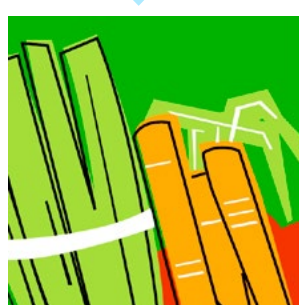
## ROLL THIS WAY ... 6 TIPS TO TRY

### 1 Be a label reader.



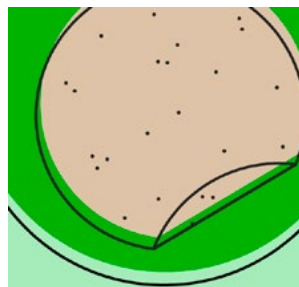
The Nutrition Facts may help you avoid excess calories and limit sodium, saturated fat, trans fat and added sugar.

### 2 Pause among the produce.



Fruits and veggies are fiber-rich and supply essential vitamins and minerals.

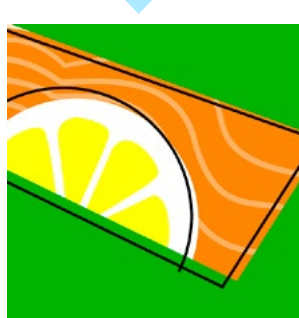
### 3 Make at least half your grains whole.



Some go-to choices include:

- Whole-wheat or whole-grain bread, pasta, tortillas and crackers.
- Brown rice, bulgur and barley.
- Oatmeal, 100 percent bran or shredded wheat cereals.
- Plain popcorn.

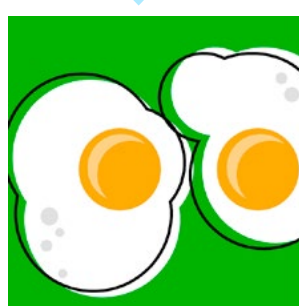
### 4 Seek seafood for a boatload of benefits.



Some good choices:\*

- Salmon and trout.
- Atlantic and Pacific mackerel
- Pacific oysters.
- Anchovies and sardines.

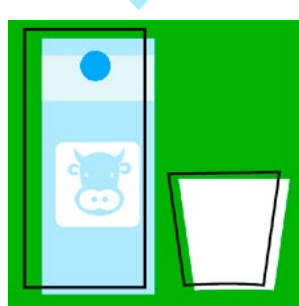
### 5 Go lean with protein.



Besides fish, other great protein choices to buy include:

- Skinless poultry breasts.
- Eggs.
- Beans and other legumes.

### 6 Moo-ve over to low-fat dairy foods.



You'll get the calcium and other nutrients, without the excess calories and saturated fat.

\*Certain people need to be cautious about methylmercury – the type of mercury that builds up in fish. This includes young children – as well as women who are pregnant, may become pregnant or are nursing.

Sources: American Heart Association; National Institutes of Health; U.S. Department of Agriculture

The information provided here is for general informational purposes only and is not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate professional to determine what may be right for you.

INFO63

© 2017 United HealthCare Services, Inc.