



Eating healthy while having fun

There's nothing like grabbing a bite to eat at the ball park or enjoying a delicious snack during a concert. But sometimes the food served at entertainment venues is more fun than healthy.

Food service vendors create foods that boost our entertainment experience and make our lives easier. And who wants to think about healthy food choices when you're having fun? It may feel like a sacrifice in the heat of the moment, but the benefits of consistent, healthy choices can last a lifetime.

No matter where your food comes from – movie theaters, vending machines, cafeterias, restaurants, diners, the fast-food drive thru, pubs, convenience stores, snack bars, coffee shops, carnivals and even retail stores – there are healthier options available no matter where you choose to eat. Here are a few easy ways to eat and still have fun eating:

Instead of this:	Try this:
Soda	Water or unsweetened iced tea
Ice cream	Low-fat frozen yogurt
Potato chips	Pretzels
Funnel cake	Caramel apple
Milkshake	Fruit smoothie
Popcorn with butter	Trail mix
Cheeseburger	Grilled chicken

And remember, it's all about balance. There's nothing wrong with enjoying an occasional hot dog at the baseball game, as long as the majority of your food and drink choices are healthy ones!

Source: The United States Department of Agriculture: choosemyplate.gov.

Your doctor can tell you more about healthy eating choices at home and on-the-go. Plus, you can get more information at our website: anthem.com/ca. While you're there, be sure to register to get the most from your health care benefits.



And spending more time feeling well can mean more days visiting the ball park with friends or family, more pleasant vacations and social activities, and staying productive at work. Basically, helping ourselves stay well by making better choices just makes good sense.

We can get food just about anywhere now - from vending machines, cafeterias, restaurants, diners, fast-food drive throughs, pubs, convenience stores, snack bars, coffee shops and even retail stores. And believe it or not, healthier options are available no matter where you choose to eat.

Always remember to balance your eating plan by not relying on quick food service options too often. Here are just a few tips to consider the next time you want a meal or a snack and must choose among convenience foods. Try to work in some tasty, nutrient-packed options instead of high-calorie, high-fat choices.

- Choose “grilled” over “fried” or “crispy” items
- Opt for diet soda, water, unsweetened tea or 100% fruit juice
- Share a bag of peanuts instead of eating a whole bag
- Choose a small cup of low-fat frozen yogurt instead of ice cream
- Pick a small bag of pretzels over a large bag of potato chips
- Enjoy a few whole wheat crackers with some peanut butter
- Try string cheese snacks

Did you know that anthem.com/ca is full of information on healthy eating and weight loss? That's right! Go to anthem.com/ca for more information.

For more on healthy eating, visit these additional sites:

- National Cancer Institute - cancer.gov or 5aday.gov
- National Library of Medicine and the National Institutes of Health - nlm.nih.gov/medlineplus/nutrition.html
- American Dietetic Association - eatright.org/Public/NutritionInformation/index_17390.cfm
- American Cancer Society - cancer.org
- Centers for Disease Control and Prevention - cdc.gov
- National Institutes of Health - nih.gov
- U.S. Department of Agriculture and U.S. Department of Health and Human Services - mypyramid.gov



Source:
U.S. Department of Health and Human Services and U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, healthierus.gov/dietaryguidelines.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

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