

MY Food Day

MEAL PLANNER

Personal Nutrition Counseling

can help you reach your health goals. It's covered by most Blue Cross NC plans!

Learn more and find healthy recipes at BlueCrossNC.com/Nutrition

STAY HYDRATED

Drink at least 8-12 8oz. glasses of water per day.

How much water I drank today:

1	2	3	4	5	6
7	8	9	10	11	12

POWER UP YOUR BREAKFAST

Protein is an important fuel to get you through the morning.

TIP: If eating cereal, add a healthy handful of mixed nuts for extra protein.

MORE SATISFYING SNACK

Running out of steam mid-afternoon?

TIP: Combine a carb (like an apple) with protein (like peanut butter). You'll be more fueled and satisfied.

Buy Local, Eat Fresh!

To find a nearby farmers market, go to BlueCrossNC.com/Nutrition

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BREAKFAST

Protein _____

Vegetable _____

Fruit _____

Grain _____

Dairy _____

LUNCH

Protein _____

Vegetable _____

Fruit _____

Grain _____

Dairy _____

DINNER

Protein _____

Vegetable _____

Fruit _____

Grain _____

Dairy _____

Benefits and member cost share vary by plan design. Please see your benefit plan administrator or refer to your benefit booklet for your specific benefits. In-network nutritionists/dietitians are credentialed by participating plans in the state where they practice.

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