



## Broward County Government Newsletter

October 2020  
Volume 3, Issue 10

### Community Care Plan, “the health plan with a heart”

#### October 16th is World Food Day.

##### Healthy Eating Plan

Dietary Guidelines for Americans 2015-2020 outlines a healthy eating plan within your daily calorie needs that includes:

- Fruits
- Vegetables
- Whole grains
- Fat-free/low-fat milk and milk products
- Lean meats
- Poultry
- Beans
- Eggs
- Nuts
- Low salt and sugar
- Low in saturated/trans fats
- Low cholesterol

##### Enjoying Eating Healthy

You do not have to give up your favorite foods to eat healthily. Healthy eating is eating balanced. The key to eating your favorite comfort foods is to balance them with healthier foods and exercise.

The CDC outlines some tips for including your favorite comfort foods in your diet.

- Try a lower-calorie version of your favorite food
  - o For example, Mac and Cheese can be made with non-fat milk and light cream cheese instead of full-fat milk and cheese
- Portion Control
  - o Eating smaller amounts like eating half of a chocolate bar instead of a whole chocolate bar
- Eat comfort foods less often
  - o Instead of eating comfort foods every day eat them once a week or once a month

##### Eating Healthy Out

1. Your Calorie Needs: The FDA outlines your estimated calorie needs based on your age/sex/activity level.
2. Nutritional Info (calories): Restaurants and establishments with 20 or more stores have the calories of the food next to the food item on the menu. When a menu item has sides or different choices the calories are shown with a ‘/’ or within a range.
3. The Best Choice for you: What are the best choices for you and your family? Is it getting the sauce on the side and only using a portion, or is it choosing a lower calorie drink? It is up to you to make the choices that fit your needs.

Source: Sources: [https://www.cdc.gov/healthyweight/healthy\\_eating/index.html](https://www.cdc.gov/healthyweight/healthy_eating/index.html)  
<https://www.fda.gov/food/nutrition-education-resources-materials/calories-menu>

**Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resewwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.**