



Blue Cross[®] Virtual Well-Being

Clean Eating Facts and Fiction



The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

The webinar will begin at noon

“Healthy does not mean starving yourself ever. Healthy means eating the right food in the right amount.”
– *Karen Salmansohn*



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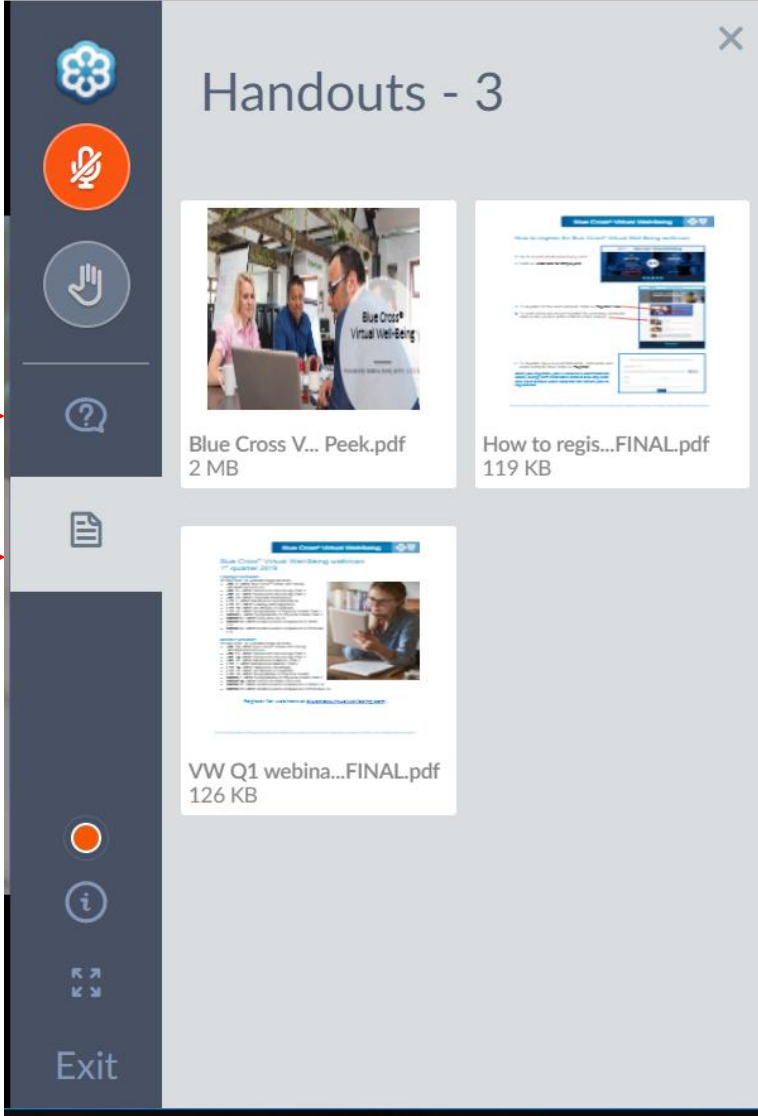
“If you keep good food in your
fridge, you will eat good food.”
– *Errick McAdams*



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Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



The screenshot shows a sidebar on the left with several icons: a blue flower-like icon, a microphone icon, a hand icon, a question mark icon, and a document icon. Two red arrows point from the text boxes on the left to the question mark and document icons. The main area displays a 'Handouts - 3' panel with three PDF files:

- Blue Cross V... Peek.pdf (2 MB)
- How to regis...FINAL.pdf (119 KB)
- VW Q1 webina...FINAL.pdf (126 KB)

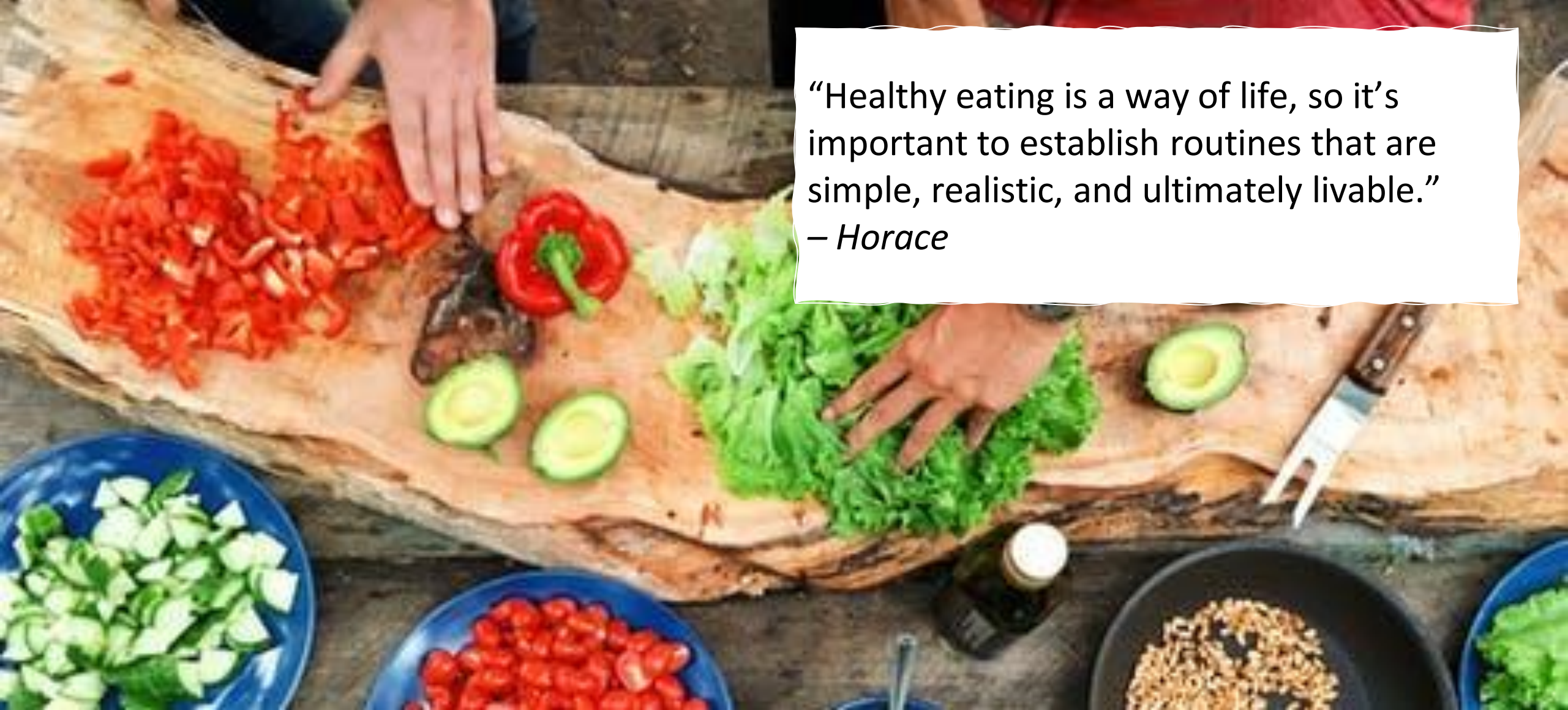
At the bottom of the sidebar, there is an 'Exit' button.

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“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: ‘Thank you!’.”
– *Karen Salmansohn*



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“Healthy eating is a way of life, so it’s important to establish routines that are simple, realistic, and ultimately livable.”
– *Horace*

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8-Minute Allegheny Mountains Meditation

Wednesday, Jan. 20, 2021

12 to 12:20 p.m. ET

Join before noon.



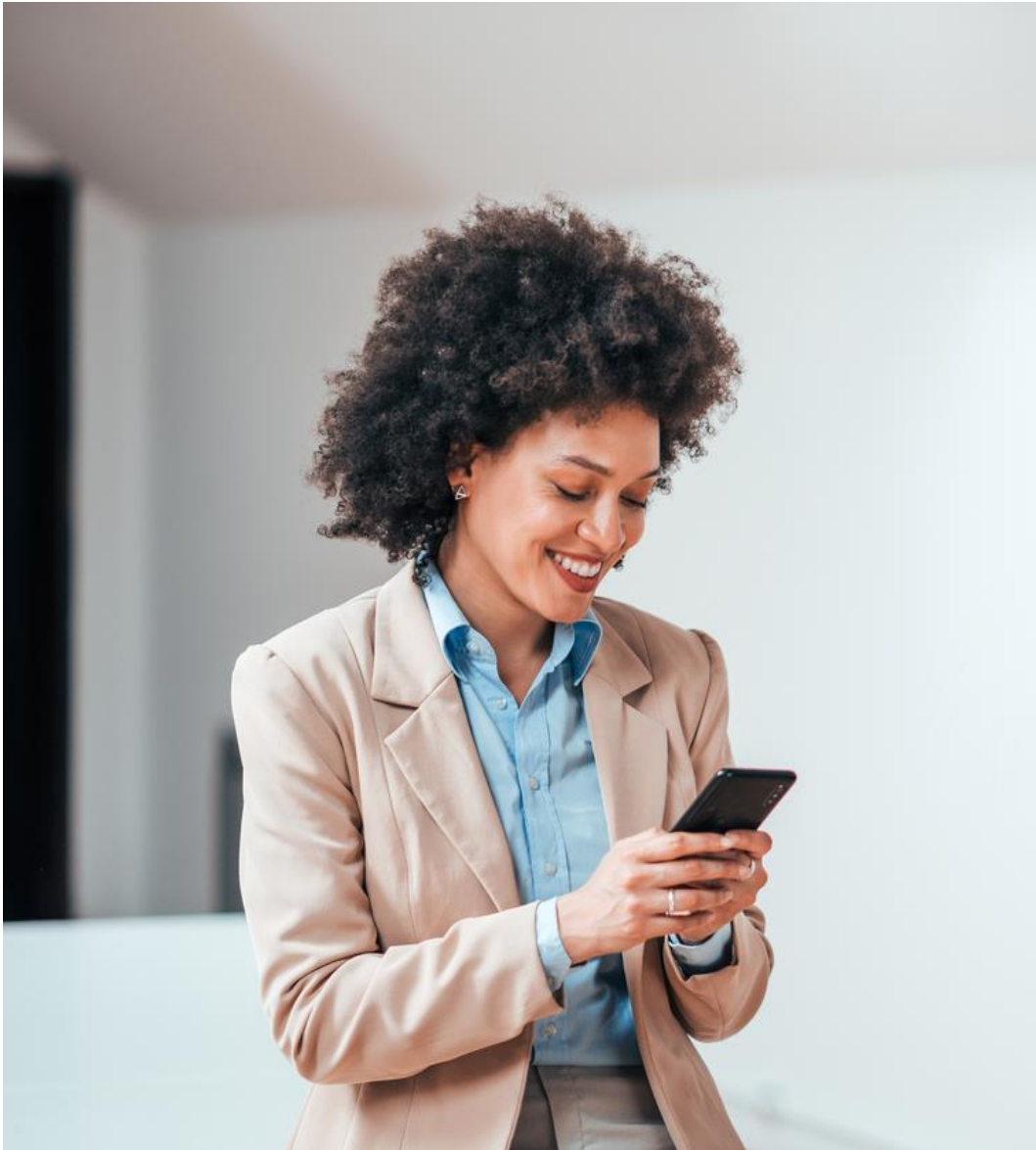
Relaxation Techniques to Address Stress

Tuesday, Jan. 21, 2021

12 to 12:30 p.m. ET

Meditations are also available on demand at bluecrossvirtualwellbeing.com.

Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

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Drop 5 to Start '21

If you have a question during the presentation, use the Question box.

Tip of the week:

- Don't be too restrictive with your food.

Check in with us using the Question box.

- Let us know if you have lost weight.
- What is your non-scale victory this week?



Drop 5 participants who lost 5+ pounds

Drop 5 of COVID-19

- Karen B.
- Robin B.
- Kim D.
- Jodi H.
- Melinda W.
- Karen K.
- Lisa B.
- Michelle K.
- Anne K.
- Michelle L.
- Marge P.
- Danielle G.
- Joan G.
- Susan L.
- Jacqueline S.
- Amanda G.
- Meghan L.

- Debra O.
- Gordon S.
- Lisa C.
- Christina S.
- Betsy S.
- Valorie V.
- Veronica W.
- Jennifer S.
- Cindy K.

Lost after COVID-19 ended

- Julie B.
- Melanie H.
- Susan L.
- Rob M.
- Katina B.
- Geena S.



Drop 5 to Start '21

Your name here! 😊

What clean eating is

- A diet phrase utilized that doesn't carry a specific or universal definition
- Common approaches that fall within clean eating include:
 - Reducing consumption of foods high in saturated fats, added sugars and sodium
 - Consuming foods that are fresh, whole and not highly processed
 - Avoiding foods that contain artificial ingredients, sweeteners, colors and synthetic chemicals
 - Opting for organic foods wherever possible



What clean eating is not

Eating clean does not necessarily equal a weight-loss type of diet.

- No emphasis put on calories consumed or weighing yourself regularly

Clean eating may not be the best approach for everyone.

- Restrictive eating rules can drive unhealthy relationships with food

Not all foods that have been processed or contain additives are unhealthy or should be restricted.

- Healthy food examples are whole grain bread, milk, and orange juice



Tips to adopt healthy eating habits

- Create an eating plan that fits your unique lifestyle, values and goals – humans are complex and there is not a one size fits all.
- Adopt healthy eating behaviors that are easy to follow in your life.
- Practice mindful eating and “experience” foods you eat.
- Prioritize eating healthy foods, but don’t put an excessive number of restrictions on what you are consuming.



January well-being challenges

Pick your own monthly challenge – or try all three! Let us know how you're doing in the Questions section.



Read a book this month. Try a new-to-you author or genre.



Make your preventive visit appointments for 2021. Don't forget the dentist and eye doctor.



Go outside for at least 5 minutes every day this month.

For more information

- Virtual Well-Being site:
bluecrossvirtualwellbeing.com
- Virtual Well-Being email:
BlueCrossVirtualWell-Being@bcbsm.com

