

March is  
National Nutrition Month!



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## Healthy eating checklist

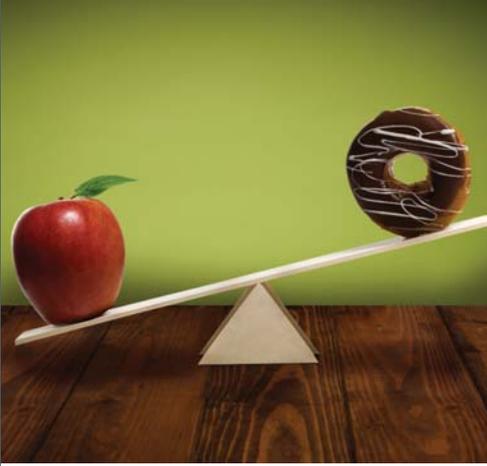
- ✓ **Watch** your portion sizes
- ✓ **Eat color** including plenty of fruits and vegetables
- ✓ **Choose whole grains** more often than less nutritious refined carbohydrates
- ✓ **Read the food label** to make sure you know what you are eating
- ✓ **Limit your intake** of saturated fat, trans fat, cholesterol, sodium, and sugar
- ✓ **Make sure** your diet consists of a variety of different foods
- ✓ **Pay attention** to cooking methods; select baked, broiled, grilled, or steamed dishes
- ✓ **Skip** the heavy, white cream-based sauces, dressings, and condiments



## 25 Healthy Snacks for Kids (and the kid in you!)

- 1 Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- 2 Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
- 3 Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- 4 Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- 5 Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
- 6 Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
- 7 Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
- 8 Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
- 9 Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- 10 Spread peanut butter on apple slices.
- 11 Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- 12 Make a mini-sandwich with tuna or egg salad on a dinner roll.

*(continued on next page)*



### Did you know?

Caffeine and sugar may give you a temporary energy boost, but the effect is short lived. Instead, eat small frequent meals and snacks throughout the day to keep you fueled and feeling energetic all day long.

- 13** Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- 14** Toss dried cranberries and chopped walnuts in instant oatmeal.
- 15** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
- 16** Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
- 17** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- 18** Sprinkle grated Parmesan Cheese on hot popcorn.
- 19** Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
- 20** Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- 21** Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
- 22** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- 23** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
- 24** Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- 25** Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass.

Source: ADA, [www.eatright.org](http://www.eatright.org)



Nutritional information per serving:\*

Calories	→	368
Fat	→	14 g
Protein	→	18 g
Carbs	→	41 g
Fiber	→	4 g
Sodium	→	42 mg

## Healthy Recipe: Salmon Pasta Salad

Get a healthy dose of omega-3s with this delicious whole-grain pasta salad.

**Ingredients:**

*Makes 4 servings*

- 8 oz. salmon fillet
- 6 oz. pasta of your choice (preferably whole wheat or blended whole wheat)
- 1 cup asparagus, cooked and cut into 2" pieces
- 1 cup raspberries
- lettuce leaves
- 2 scallions
- 1/4 cup raspberry vinegar
- 2 T olive oil
- 1 T honey mustard
- 2 tsp sugar
- 1 clove garlic, minced
- 1/4 tsp pepper, black

In a small bowl, whisk together raspberry vinegar, olive oil, honey mustard, sugar, garlic and pepper. Thaw fish, if frozen. Rinse and pat dry. Brush 1 T of vinaigrette onto fish. Cover and chill the remaining vinaigrette until ready to use.

Preheat broiler. Spray an unheated rack of a broiler pan with cooking spray. Broil fish 4 inches from heat until fish flakes easily when tested with a fork. Allow 4 to 6 minutes per half-inch thickness. Turn once halfway through.

Meanwhile, cook pasta according to package directions, adding the asparagus for the last 2 minutes. Drain; rinse with cold water. Drain again. Return pasta to pan. Add reserved vinaigrette; toss gently to coat. Flake cooked salmon and add to pasta along with berries. Sprinkle with scallions. Toss gently to mix. Serve on lettuce.

*\*Source: National Institutes of Health*



**Nurseline:  
866-696-5846**

## Looking for ways to **save** money?

Make sure you get the appropriate treatment of care. Trips to the emergency room for colds and flu cost you a lot more than a visit to an urgent care center or convenient care clinic.

Not sure what type of treatment is best? Call NurseLine<sup>SM</sup>. Available 24 hours a day, 7 days a week, nurses can help you make smart health care decisions. One toll free number connects you with a registered nurse who can assist you and your family with a wide range of health care questions and concerns.

NurseLine nurses are an excellent resource when you need help choosing care, managing a chronic condition, understanding treatment options and more.

*“My baby has a temperature of 102 degrees. It’s midnight. What do I do?”*

*“I have diabetes and my blood sugar is really high. How can I better manage my condition and stay healthy?”*

*“My child was just diagnosed with asthma. Where can I find information and resources? Is there a doctor in my area that specializes in asthma?”*

	<b>Free NurseLine</b>	<b>\$ Convenient clinic</b> <small>(located in some pharmacies)</small>	<b>\$ Physician services</b>	<b>\$\$ Urgent care</b>	<b>\$\$\$ Emergency room</b>
<b>Availability</b>	Available 24 hours a day, 7 days a week	Available extended hours & weekends	Generally available during normal business hours	Available extended hours & weekends	Available extended hours & weekends
<b>Service Example</b>	First aid, determining best treatment option, health education, provider search	Colds, flu, quick services	Preventive services, management of acute and chronic conditions	Sprains, strains, sutures	Complex-chest pain, trauma

Please visit

**[www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans)**

to view current issues of this publication.

## Important contact information

### Where to go when you want information

**myuhc.com** Personalized tools, information and answers for managing your health care. Log on anytime 24/7 to get important benefit, claim and health information on the Internet when it is convenient for you!

**www.liveandworkwell.com** An informative Web site with a behavioral health clinician directory, comprehensive health articles, tools and more.

**NurseLine Services:** 866-696-5846. Talk to a Registered Nurse 24 hours, seven days a week and access thousands of topics in the Health Information Library.

**Care Coordination<sup>SM</sup>** Refer to the customer service phone number on the back of your ID card.

**Definity HRA:** 800-396-6515

**PPO:** 877-246-4189

**Choice HMO:** 866-527-9599

**High-Deductible Health Plan:** 877-246-4195

**Retirees:** 877-246-4190

For any claims or benefit-related questions or issues, please call the customer service number on the back of your card.

The Connection will be made available monthly at the myuhc.com site ([www.myuhc.com/groups/gdch](http://www.myuhc.com/groups/gdch)) and at [www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans) to all State employees who are members of the UnitedHealthcare State of Georgia Health Benefit Plan.

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Insurance coverage provided by or through UnitedHealthcare Insurance Company. Health Plan coverage provided by or through United HealthCare of Georgia, Inc.

## Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form that is available online at **[www.dch.georgia.gov/shbp\\_plans](http://www.dch.georgia.gov/shbp_plans)**. Forms should be completed and returned to your payroll location benefit manager.

### For retired employees, please submit the following information:

- Name
- Subscriber number from your UnitedHealthcare ID card or Social Security number
  - Current address
  - New address
  - Telephone number
  - Signature authorizing the address change

### Retirees mail to:

State Health Benefit Plan  
P.O. Box 38342  
Atlanta, GA 30334

