



Enrollee Newsletter

October 2020

Volume 5, Issue 7

October 16th is World Food Day

Community Care Plan, 'the health plan with a heart'

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**
 - 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**
 - Eating smaller amounts like eating half of a chocolate bar instead of a whole chocolate bar.
- **Eat comfort foods less often**
 - 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:

www.cdc.gov/healthyweight/healthy_eating/index.html

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 contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Food and Pregnancy

Nutrition during Pregnancy

Eating a healthy well-balanced diet gives your body the nutrients it needs. When you are pregnant what you eat is even more important because it gives your baby the nutrients he or she needs to develop. It will also help your baby gain weight while in the womb.

Vitamins and Supplements During Pregnancy

There are four vitamins and supplements that are recommended to take during pregnancy. Only take a vitamin or supplement if your doctor recommends you take it.

Vitamin/Supplement	What is it?	How much do I need during Pregnancy?
Folic Acid	A B-vitamin that may help prevent birth defects.	600mcg while you are pregnant or breastfeeding from food and vitamins.
Iron	A supplement for your baby's growth and development because the amount of blood in your body increases during pregnancy.	27mg of iron daily.
Calcium	A supplement that makes your baby's teeth and bones strong and reduces your risk for preeclampsia.	Adults who are pregnant should get 1,000 mg of calcium a day.
Vitamin D	A Vitamin that helps the calcium build in your baby's teeth and bones.	All women regardless of pregnancy should get 600 IU of vitamin D a day.

Foods to Avoid during Pregnancy

- Alcohol: No amount is safe to drink during pregnancy
- Caffeine: High amounts of caffeine can be harmful to the baby. Less than 200 mg of caffeine seems to be safe to consume during pregnancy.
- Raw sprouts
- Soft cheeses that are unpasteurized (i.e. Feta, Brie or Queso Blanco)
- Fish with high levels of mercury (i.e. swordfish or king mackerel)
- Deli Meats and Hotdogs
- Unpasteurized juices and milk
- Refrigerated meat spreads
- Store made salads (i.e. egg, chicken, or tuna salad)



Need help finding a doctor during your pregnancy? CCP can help you find an OB doctor. Please call Member Services at 1-866-899-4828.

Source: www.cdc.gov/breastfeeding/faq/index.html

www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.