

## January

### **It's a New Year. Pick a few healthy new habits!**

Do you want to “eat better”? Here are two easy ways to get started:

*Read food labels.* That means the “Nutrition Facts” box, not the front of the label, which is more about advertising. The Nutrition Facts box tells you important information, such as serving size, grams of fat and sugar, and ingredients.

*Choose variety.* Different foods contain different nutrients, so if you eat the same thing all the time, you're missing out. Include a wide variety of foods in your diet to ensure that you get the vitamins, minerals and fiber you need.

Want more tips for slipping some nutritious changes into your life? Call **CareWise®**. Our registered nurses are ready and waiting 24 hours a day, seven days a week, to help you make this year a healthier one. It's toll-free: **1-888-318-9473**. Or go to [www.eCareWise.com](http://www.eCareWise.com) Be sure to ask for the free brochure, “Food labels.”