



Healthy Food Swaps

During the holiday season, it can be difficult to implement healthy food swaps into the mix when what is advertised is often the opposite.

Here are some food swaps to consider as you gather with loved ones this season:

- Whole grain, seedy bread rolls instead of plain white bread rolls
- Fruit, like clementines, blood oranges, and pomegranate instead of candy bowls
- Peppermint tea, sparkling water, or cranberry juice instead of hot chocolate packets or soda

bewell.cretex.com/HealthyEat



Health Coaching - The Be Well Health Center

Health coaching encompasses any lifestyle-related management of an individual's health and wellbeing. This includes, but is not necessarily limited to, weight management, dietary change, exercise adherence, risk-factor management (i.e., improvement of cholesterol, blood pressure, A1c, etc.), stress management techniques, work-life balance concerns, medication compliance, sleep hygiene, tobacco cessation, and safety behaviors (e.g., use of seatbelt, sunscreen, etc.). Health coaches help individuals manage conditions; they do not treat health conditions. Health coaches also help to bridge the gap between provider visits, everyday life, and the client's short- and long-term health goals.

To make an appointment, please log into the Marathon Health portal at:
<http://my.marathon-health.com/>

Reading a Nutrition Facts Label

The nutrition facts panel can feel overwhelming to read through and it may be difficult to understand. BUT, have no fear, simple steps to learning about it can be found here:

[FDA Interactive Nutrition Facts Panel](https://www.fda.gov/food/interactive-nutrition-facts-panel)

bewell.cretex.com/FDAlabel



The Nutrition Facts label found on packaged foods and beverages is your daily tool for making informed food choices. Explore it today and discover the wealth of information it contains!



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Marathon Portal - Healthy Eating Workshop

Learn how to develop and maintain healthy eating habits in this four week workshop. To access this workshop, head to the Marathon Health's login page and click on:

Resources>Wellness Workshop>Healthy Eating

Featured Activity

Participate in this month's activity by reviewing a video and educational articles. Follow the link or scan the QR code.



bewell.cretex.com/1224