

Teaming Up for a Healthy TomorrowSM — a program from Aetna and Magic Johnson Enterprises. Our goal is to help improve health and wellness in our urban communities.



Healthy eating on a budget

When money is tight, don't give up on healthy eating. Planning ahead can help you save time and money.



Use the Web to get smarter about your health

www.PlanForYourHealth.com
www.intelihealth.com
www.communityvitality.com

Ask your doctor

- What food plan is best for me?
- How many calories should I eat each day?
- How many grams of fat should I eat each day?

Before you go shopping for food

- Check the store ads for food on sale and plan your meals for the week using this food.
- Use coupons to help make brand-name food cheaper than store brands.
- Make a shopping list. The list will help you stop buying what you don't need.

At the grocery store

- Buy more food from the outer aisles, where fresh foods are kept.
- Buy less food from the middle aisles among the snacks, soda and packaged foods.
- Read the food nutrition labels. Compare nutrients and calories in one food to those in another.

Reading the food label

- Look for serving size, calories, fat and sugar to determine if you should choose something healthier. If a package says two servings and you eat it all, you will eat twice the calories.
- Learn how much protein, vitamins and other nutrients are in the food.
- "Lite," "fat free" and similar labels are not necessarily healthy choices. Read the rest of the label to get the whole story.

Making good choices starts with knowing what you are eating. The food label helps you make the best choice. Don't be afraid to ask questions. Together we can all get smarter about our health.



Community Vitality is a health literacy initiative for the public from Aetna and Magic Johnson Enterprises. Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna). Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.