

# Healthy workplace

Your monthly Anthem wellness newsletter



## Nutrition Month: Brush up on Nutrition Fact Labels

Check out **servicing size** (the amount for one serving) and also the number of servings in the package.

How does your **portion size** (the amount you actually eat) compare to the serving size? Serving size is one cup and you ate two? You are eating twice the calories, fat, and other nutrients listed.

Look at **calories and calories from fat**. It's smart to cut back on these if you are watching your weight.

**Daily Values** are average levels of nutrients for a person eating 2,000 calories a day (which is appropriate for many but not all). A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.



**Limiting fat, cholesterol, and sodium** may help reduce your risk for heart disease, high blood pressure and cancer. Aim for low percentage DV of these nutrients.

**Total fat** includes saturated, polyunsaturated, monounsaturated and trans fat. Saturated fat and

trans fat are linked to an increased risk of heart disease. High levels of **sodium** can add up to high blood pressure.

Eat more **fiber, vitamins A and C, calcium and iron** to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia. Choose more fruits and vegetables to get more of these nutrients.

**Protein** Most Americans eat more protein than they need. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans, peanut butter and nuts.

### Carbohydrates

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

**Sugars** Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For more information, visit [eatright.org](http://eatright.org)



## COLONCANCER AWARENESS

Colon cancer is cancer of the large intestine or rectum. It is the third most common cancer among both men and women in the United States — as well as the second leading cause of cancer-related deaths.

The lifetime risk of developing colorectal cancer is: about 1 in 21 for men and 1 in 23 for women. If caught early, survival rates are better than 90% so regular screenings are very important.

### Who is at Risk?

People at increased risk for colon cancer may need to start screening at an earlier age and get tested more frequently than other people.

- Personal or family history of cancer or polyps
- Age: After 50, your risk increases significantly
- Race and ethnic background: Being African American or a Jewish person of Eastern European heritage
- Certain diseases such as type 2 diabetes or inflammatory bowel disease (IBD), Crohn's disease or ulcerative colitis
- Check out [cancer.org/cancer/colonandrectumcancer/](http://cancer.org/cancer/colonandrectumcancer/) for more risk factor details

### Lifestyle Factors

- Lack of regular physical activity
- Low fruit and vegetable intake
- A low-fiber and high-fat diet
- Overweight and obesity
- Alcohol consumption
- Tobacco use

### Signs and Symptoms

Colon cancer and precancerous polyps don't always cause symptoms, don't wait for symptoms to be screened. The most likely warning signs include:

- Abdominal discomfort and bloating
- Changes in bowel movements (persistent constipation or diarrhea, a feeling of not being able to empty the bowel completely, an urgency to move the bowels, rectal cramping, or rectal bleeding)
- Dark patches of blood in or on stool; or long, thin, "pencil stools"
- Pelvic pain, which occurs at later stages of the disease
- Unexplained fatigue, loss of appetite, and/or weight loss

March is  
Colon  
Cancer  
Awareness  
Month

### Screenings could save your life!

Prevention is the best medicine when it comes to cancer. Getting screened and finding early signs gives you the best head start on treatment.

Sigmoidoscopy, colonoscopy, double contrast barium enema, and CT colonography are good at finding both cancer and polyps. These tests are preferred if they are available and you are willing to have them.



1-800-CDC-INFO (1-800-232-4636)  
[www.cdc.gov/screenforlife](http://www.cdc.gov/screenforlife)



## Checkout the Anthem Weight Center!

A lot of factors play a role in helping you live at a healthy weight. Exercise, the foods you eat, the amount of sleep you get and your overall emotional well-being. To make things a little easier for you, Anthem Blue Cross and Blue Shield put all the weight management resources you need in one place called The Weight Center. It's available to all Anthem members, and it comes with your health plan at no extra cost.



The Weight Center gives you access to:

- The Weight Management Playbook – a downloadable, interactive guide to better health.
- A list of eligible weight management programs.
- WebMD® health tips and information.
- SpecialOffers discounts on fitness and health items, such as Garmin fitness devices.
- A link to a fun, upbeat Health Heroes radio station at Pandora® for motivational workout tunes.
- A body mass index (BMI) calculator to measure your body fat based on height and weight.

To visit the weight center, login at [www.anthem.com/theweightcenter](http://www.anthem.com/theweightcenter)

If you don't have an online account yet, it's quick and easy to create one using your member information. Then you can spend some time checking out everything the center has to offer.



# Creamy Garlic Pasta with Shrimp and Vegetables



Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying meal.

Serve with: Slices of cucumber and tomato tossed with lemon juice and olive oil.

4 servings, about 2 cups each  
Active Time: 30 minutes  
Total Time: 30 minutes

## Nutrition

Per serving : 385 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 168 mg Cholesterol; 53 g Carbohydrates; 34 g Protein; 10 g Fiber; 658 mg Sodium; 887 mg Potassium

3 Carbohydrate Serving

Exchanges: 2 1/2 starch, 1 vegetable, 1/2 low-fat milk, 3 lean meat

## Ingredients

6 ounces whole-wheat spaghetti  
12 ounces peeled and deveined raw shrimp (see Note), cut into 1-inch pieces  
1 bunch asparagus, trimmed and thinly sliced  
1 large red bell pepper, thinly sliced  
1 cup fresh or frozen peas  
3 cloves garlic, chopped  
1 1/4 teaspoons kosher salt  
1 1/2 cups nonfat or low-fat plain yogurt  
1/4 cup chopped flat-leaf parsley  
3 tablespoons lemon juice  
1 tablespoon extra-virgin olive oil  
1/2 teaspoon freshly ground pepper  
1/4 cup toasted pine nuts (see Tip; optional)

## Preparation

Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

## Tips & Notes

Ingredient Note: Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

Tip: To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.