








> Cutting calories

Curb your cravings with healthy snacks

Healthy can taste great. You can cut back on calories and fat without sacrificing delicious taste. When you're craving a high-calorie snack, try one of the healthier alternatives below. You'll feel better afterwards, and you'll be improving your health!

Healthy snack alternatives	
If you're craving	Instead, try
Candy bar	 Low-fat granola bar
Soft drink	 Iced tea or water
Crackers	 Carrot
French fries	 Plain baked potato with salsa
Ice cream	 Fat-free frozen yogurt
Potato chips	 Air-popped popcorn
Cookies	 Celery with 2 tablespoons peanut butter

Lose 1 pound of fat in a week

There are 3,500 calories in 1 pound of fat. So, if you cut out 500 calories every day for one week, you can lose 1 pound of fat.

What is equal to 500 calories?

- > One candy bar and a 24-ounce soda
- > Large french fries
- > Caramel milk and coffee drink with whipped cream

Choose healthy, be healthy

You know that old saying, "You are what you eat?" Well, it's partially true. No, you won't turn green if you eat tons of broccoli. But foods high in saturated fat can increase your cholesterol. The best advice: Choose foods that are low in trans fat and saturated fat, and focus instead on fruits and vegetables.

Get more online.

Log in to myModa at modahealth.com to get more out of your health plan.



Questions?

Please call 877-277-7281 or email careprograms@modahealth.com.

Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711).

注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）



modahealth.com