Cutting Unhealthy Fats from Your Diet

Foods like cheese, butter, sausage, and desserts may taste good to you, but they can have a lot of saturated fat. Eating too much of this unhealthy fat could lead to high cholesterol and heart disease.

Start with small changes first. Use heart-healthy olive or canola oil instead of butter for cooking. Drink fat-free or low-fat milk instead of 2% milk or whole milk. Pick leaner cuts of meat.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Limit Foods That are High in Unhealthy Fats</th>
<th>Make Healthier Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, Poultry, and Fish</td>
<td>Regular ground beef, fatty or highly marbled cuts, spare ribs, organ meat, poultry with skin, fried chicken, fried fish, fried shellfish, lunch meat, bologna, salami, sausage, hot dogs</td>
<td>Extra-lean ground beef (97% lean), ground turkey breast (without skin added), meats with fat trimmed off before cooking, skinless chicken, low-fat or fat-free lunch meats, baked fish</td>
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<tr>
<td>Dairy Products</td>
<td>Whole milk and 2% milk; whole-milk yogurt, most cheeses, and cream cheese; whole-milk cottage cheese, sour cream, and ice cream; cream; half-and-half; whipping cream; nondairy creamer; whipped topping</td>
<td>Low-fat (1%) or fat-free milk and cheeses, low-fat or nonfat yogurt</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>Coconut oil, palm oil, butter, lard, shortening, bacon and bacon fat, stick margarine, peanut butter that has been hydrogenated (the no-stir kind)</td>
<td>Canola oil, olive oil, peanut oil, soft margarines with no trans fats and no more than one-third of the total fat from saturated fat, natural peanut butter that has not been hydrogenated</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>Breads in which fat or butter is a major ingredient; most granolas (unless fat-free or low-fat); high-fat crackers; store-bought pastries and muffins</td>
<td>Regular breads, cereals, rice, corn tortillas, pasta, and low-fat crackers. Choose whole grains as much as possible.</td>
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<tr>
<td>Fruits and Vegetables</td>
<td>Fried vegetables; coconut; vegetables cooked with butter, cheese, or cream sauce</td>
<td>All fruits and vegetables that do not have added fat</td>
</tr>
<tr>
<td>Sweets and Desserts</td>
<td>Ice cream; store-bought pies, cakes, doughnuts, and cookies made with coconut oil, palm oil, or hydrogenated oil; chocolate candy</td>
<td>Fruit; frozen yogurt; low-fat or nonfat versions of treats such as ice cream; cakes and cookies made with unsaturated fats and/or those made with cocoa powder</td>
</tr>
</tbody>
</table>

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Eating Less Sodium

Part of healthy eating is eating less sodium, or salt. Does this sound hard?

It doesn’t have to be, but you do have to think about it. You need to do more than just not use the salt shaker. After all, almost all foods contain sodium naturally or as an ingredient.

You can start reducing the sodium in your diet by:
- Reading labels to see how much sodium foods contain
- Limiting packaged foods and restaurant foods, which typically are high in sodium
- Not adding salt to your food during cooking or at the table
- Using low-sodium spices and sauces to add flavor to your food. Low-sodium foods can still be tasty

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Reduce Your Risk of the Flu and Pneumonia

It is important to get vaccinated against the flu and pneumonia. Many pneumonia-related deaths are preventable through vaccination and appropriate treatment. Pneumonia is a lung infection that can cause mild to severe illness in people of all ages. Signs of it include: coughing, fever, fatigue, nausea, vomiting, rapid breathing or shortness of breath, chills, or chest pain.

Certain people are more likely to become ill with pneumonia:
• Adults 65 years of age or older
• Children younger than five years of age
• People under the age of 65 who have underlying medical conditions (like diabetes or HIV/AIDS)
• People ages 19–64 who smoke cigarettes or have asthma

Get vaccinated. In the United States, several vaccines prevent infections that can cause pneumonia, including Pneumococcal, Haemophilus influenzae type b (Hib), Pertussis (whooping cough) and seasonal influenza (flu) vaccines. Talk to your health care provider for more information on these vaccines.

There are several strategies for preventing pneumonia and other respiratory infections such as colds and the flu:
• Wash your hands regularly.
• Clean hard surfaces that are touched often (like doorknobs and countertops).
• Cough or sneeze into a tissue, your elbow, or sleeve.
• Limit your exposure to cigarette smoke.
• Take steps to treat, control and prevent conditions like diabetes and HIV/AIDS.