

Employee Well-being Monthly Tip Sheet

NOVEMBER 2023

Focused on Nutrition

As the holiday season nears, the concern of post-holiday weight gain looms. We hope you will use the resources below to empower yourself to make informed food choices.

This year, don't allow extra pounds to burden you. Incorporate some smart, healthy practices into your daily life to maintain balance.

Begin cultivating these wholesome habits this month, utilizing our tools and suggestions to ensure your dietary choices promote wellness throughout the year.



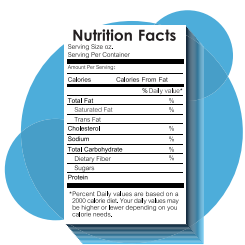
Well-being Resources



Cut the Sweets Challenge

You can make simple substitutions to control your cravings and discover new, healthier ways to satisfy your sweet tooth.

[Download the Challenge](#)



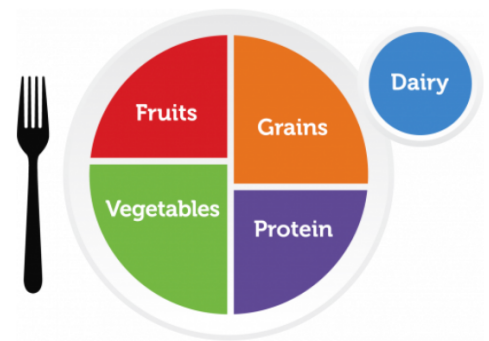
Reading Food Nutrition Labels

Knowing is half the battle. Take time to read food labels and pass on items that are high in calories, sugar, and sodium. In 2016 the FDA updated food nutrition labels to make them easier to understand what is in the food we purchase. It was the first major update in more than 20 years!

[Read More](#)

Meet MyPlate

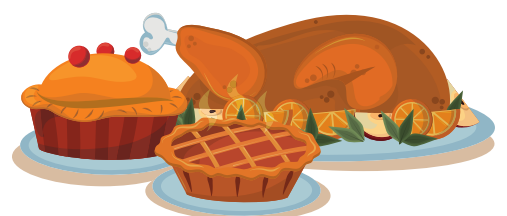
Remember the food pyramid? It's been updated! MyPlate is the USDA's current visual reminder to make healthy choices from each of the five food groups. MyPlate.gov offers tips and resources that support healthy dietary patterns.



[Visit MyPlate.gov](#)

Eating Healthy for the Holidays

Half of our daily plates should consist of fruits and vegetables. Incorporating this habit into your holiday meals will keep you low in calories and high in nutrients. Download our Tips for a Healthy Holiday.



[Tips for Healthy Holiday Eating](#)

Give us some feedback

Tell us how we're doing! Take a moment to complete this survey and help shape tip sheet content moving forward.

[Complete the Survey!](#)

