



healthy choices



live well. be well.

Brighten up your meals!

It is common knowledge that eating fruits and vegetables is good for your health. But did you know that you can get greater nutritional benefit by eating a variety of colors? The differences in color of fruits and vegetables are caused by nutrients that influence their pigmentation. Use these tips to help you brighten up your meals by incorporating a rainbow of fruits and vegetables.

Tips to adding **Color** to your diet



Strive to eat as many colors as you can each day.

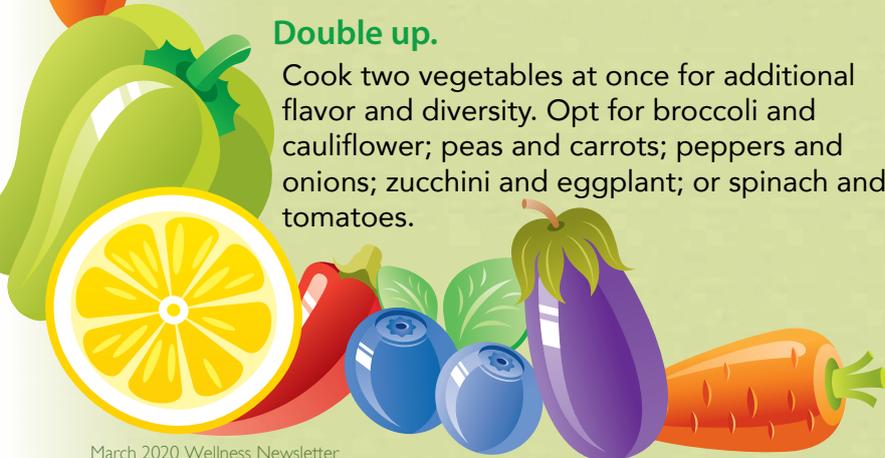
Common colors of fruits and vegetables include blue, purple, red, orange, yellow, white and green. Eat a multicolor salad. Salads are a great way to eat many colors at once.

Drink a smoothie.

This is a great way to get multiple servings of fruits and vegetables at once. Try making a smoothie by blending three different colors—for example, a smoothie with spinach, pineapple and blueberries gets you green, yellow, and blue!

Double up.

Cook two vegetables at once for additional flavor and diversity. Opt for broccoli and cauliflower; peas and carrots; peppers and onions; zucchini and eggplant; or spinach and tomatoes.



Make a loaded veggie soup.

Soups are a great way to eat many vegetables. Try recipes like: Veggiestrone, Quinoa Vegetable Soup, or Garden Vegetable Soup.

Mix your juices.

Rather than drink a glass of just one type of fruit juice, try combinations such as orange, cranberry and pineapple; apple and red grape juice; or orange, pineapple and pomegranate juice. Make sure you use 100 percent fruit juice!

BENEFITS TO EATING LOCALLY **GROWN**

1. LOCAL FOODS PROMOTE A SAFER FOOD SUPPLY
2. LOCAL FOODS HAS MORE NUTRIENTS



dental benefits

Through UFCW LOCAL 655 Welfare Fund



LET'S TALK SAVINGS

Out-of-network Dentist

Provider charges	\$150.00
Allowed amount	\$80.00
Plan pays	- \$64.00
	<hr/>
	\$16.00
You Pay	+* \$70.00
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	\$86.00



In-network Dentist

(Anthem Dental Blue 100/200/300)

Provider charges	\$150.00
Allowed amount	\$80.00
Plan pays	- \$64.00
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You Pay	\$16.00

By selecting an in-network dental provider your out-of-pocket costs will be lower since the providers have agreed to offer their services at discounted rates. This means you will pay a percentage of lower cost.

*(\$70.00 is the difference between the allowed amount and the out-of-network provider charges)



Looking for a New Dental Provider?

- visit www.655hw.org
- click on "Links"
- click on "Online Provider Directory for your Dental Plan"
- go to "Search as a Guest" and click "Continue"
- under "What type of care are you searching for?" select "Dental"
- under "What state do you want to search in" select your state
- under "Select a plan/network" select "Dental Blue 100/200/300"
- click "Continue"
- under "Who specializes in:" select the specialty
- under "Located near:" enter a location
- under "Within a distance of:" select a distance
- click "Search"



Dental Blue® 100/200/300