



# Is that square meal good for you?



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We've all heard that it's important to eat three square meals a day. The fact is people come in all shapes and sizes, and men, women and children all have different nutritional needs and daily calorie requirements. **Make sure you follow good nutrition guidelines** that fit your personal lifestyle, and take these steps to get the necessary nutrients for good health:

- Eat a variety of healthy foods and snacks
- Follow national recommendations, such as the USDA Food Guide Pyramid
- Limit your intake of saturated fat, cholesterol and sodium
- Keep your food portions in check
- Fit more fiber into your diet

Want to make sure your future shapes up to be a healthy one? Visit Blue Access® for Members on our Web site to learn more about what good nutrition can do for you.

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