



Quality health plans & benefits
 Healthier living
 Financial well-being
 Intelligent solutions



Tips to resist those empty calories

Eating perfect isn't always possible. After all, we've all dipped into the chips or had pizza at a party.

But when we fill up regularly on more *quality* foods, we can look better, live healthier and achieve great things.

So what are empty calories?

Just think of those packaged or processed tempters that don't need preparation, like cookies or chips. Or sugary drinks or alcohol. They have *zero* nutritional value.

They're full of calories, often from sugar and fat. But they don't fill you with the good stuff, like protein and vitamins.

Try these time savers

- Whip up a protein smoothie or steel-cut oats the night before work
- Keep cut-up veggies handy when you crave crunch
- At the drive-through, choose grilled chicken or salads (hold the dressing)
- Stick to the outer aisles of the grocery store for healthier choices like fruit, lean meat and low-fat dairy.
- Check package labels for foods high in fiber, vitamins and minerals — and low in sugar and fat.

Before you eat, visualize the energy you crave and the life you deserve. *You are worth it.*

Healthwise staff. Quick Tips: Avoiding Empty Calories. Healthwise Knowledgebase. November 14, 2014. Available at: <https://www.healthwise.net/aetna/Content/StdDocument.aspx?DOCHWID=abl0002>. Accessed October 15, 2015.

United States Department of Agriculture. What Are Empty Calories? Available at: www.choosemyplate.gov/what-are-empty-calories. September 30, 2015. Accessed October 5, 2015.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Smart and tasty swaps

Saying “no” to empty calories doesn't mean sacrificing taste.

Instead of	Try
Corned beef, sausage and lunchmeat	Low-fat ground beef, turkey or skinless chicken
Chips, french fries and crackers	Baked chips or sweet potato fries, and air-popped corn
Refined-flour breads like white, sourdough, and ciabatta	Whole-grain breads, like wheat and rye
Cakes, cookies and candy	Fruit, low-fat yogurt
Soda, sweetened coffee and fruit drinks	Water, green tea or vegetable juice

Tip: Save those empty calories for special occasions. That way, it'll taste like more of a treat.