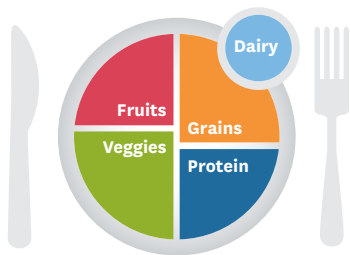


Healthy Eating Tips

Eating a well-balanced diet can increase your success in losing weight and maintaining a healthy weight. Follow the My Plate model to make sure you are getting the recommended amounts of nutrients in each meal. Make small changes to your diet each meal. Here are some tips when choosing which foods to put on your plate:

- **Fill half of your plate with fruits and vegetables.** Eat a mix of these each day. Focus on whole fruits and vary your vegetables.
- **Drink plenty of water.** When making other drink choices, choose low-fat or fat-free alcohol, juice and soda which are high in sugar.
- **Fill a quarter of your plate with grains.** Choose whole grains when possible.
- **Fill a quarter of your plate with proteins.** Vary your protein routine. Choose lean proteins like skinless chicken or turkey, eggs, lean ground beef, beans and lentils.

Buckeye Health Plan is Ohio's second largest managed care plan. We provide health education and resources to Ohioans. Visit [BuckeyeHealthPlan.com/buckeyefresh](https://www.buckeyehealthplan.com/buckeyefresh) for more healthy eating tips and resources.



Chipotle Chicken Bowls



Ingredients

- 2 tbsp. canola oil (divided)
- 1/2 can chipotle pepper in adobo
- 1 tbsp. honey
- 3/8 tsp. black pepper
- 3/8 tsp. salt
- 1 pound boneless, skinless, thinly sliced chicken breast
- 2 tbsp. red wine vinegar
- 5 oz packaged spinach or spring greens
- 1 pint cherry tomatoes
- 1 avocado
- 1 cup packaged, shredded carrots
- 2 scallions or green onions (finely chopped)

Directions

- *Wash hands with soap and water.*
- Into a large zip-top bag, add marinade ingredients: canola oil, chipotle pepper in adobo, honey, pepper and salt.
- Add chicken breasts into the bag, making sure the chicken is well-coated with marinade, and let sit for 10 minutes or place chicken in refrigerator to marinate for up to 24 hours.
- Into a large nonstick skillet over medium-high heat, warm remaining 1 tbsp. oil.
- Add chicken breasts and marinade liquid, using tongs to frequently turn the chicken breasts to be coated in marinade.
- Sauté until chicken is fully cooked, around 4 to 6 minutes depending on thickness (cook until internal temperature of chicken reaches 165°F).
- When chicken has cooled slightly, transfer chicken to cutting board to chop into bite-size pieces.
- Then, transfer remaining liquid from pan into a small bowl; stir vinegar into the liquid to use as a dressing.
- To assemble, add the greens into the bottom of each bowl. Divide chicken among each bowl, along with tomatoes, avocado, carrots and scallions.