

Healthy Eating Tips

As your guide to better health, Buckeye wants to help you be as healthy as possible. Did you know that heart disease is the leading cause of death in Ohio and America? Eating heart-healthy foods can reduce your heart risks by helping you manage your weight and lower your cholesterol and blood pressure. Add these heart-healthy foods to your diet:

- **Fruits and vegetables** provide a lot of nutrients without a lot of calories. At meals, fill half your plate with these foods. Split the other half of your plate between whole grains and lean protein.
- **Whole grains** are high in fiber and rich in vitamins and nutrients. Choose whole-wheat bread, pasta, and brown rice.
- **Lean proteins and low-fat or nonfat dairy foods** give you nutrition with less fat. Choose fish, skinless chicken, beans, low-fat or nonfat milk, cheese, or yogurt.
- **Healthy fats** can be good for you in small amounts. Avoid saturated or trans fats found in processed foods, fatty meats, whole milk, cheese and palm and coconut oils. Try to have at least two servings per week of fatty fish, such as salmon, sardines, mackerel, rainbow trout, and albacore tuna. These contain omega-3 fatty acids, which are good for your heart. Flaxseed is another source of a heart-healthy fat.



Buckeye Health Plan is Ohio's second largest managed care plan. We are committed to providing health education and resources to Ohioans. Visit BuckeyeHealthPlan.com/buckeyefresh for more healthy eating tips and resources.

Rosemary Lemon Chicken with Vegetables

Ingredients

- ½ pound small red potatoes (about 3 potatoes) rinsed and cubed
- 1 tbsp. fresh rosemary chopped (or 1 tsp. dried rosemary)
- 2 boneless, skinless chicken breasts
- 1 ½ cups baby carrots
- 1 cup green beans trimmed
- 1 tsp. lemon peel grated
- ¼ cup lemon juice, divided
- 2 tbsp. honey
- ¼ tsp. ground black pepper
- 1 tbsp. canola oil



Directions

- *Wash your hands with soap and water.*
- In a medium pot, bring 8 cups water to a boil.
- Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
- Cut chicken breasts in half. Place oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side. *Wash hands with soap and water again after handling raw chicken.*
- Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tbsp. lemon juice.
- Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve. Enjoy!