



March: Nutrition Month



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If you're looking to improve your nutrition, MyPlate describes how much of your plate should be fruits, vegetables, grains, protein, and dairy and puts an emphasis on whole foods being the best option. You can get a customized plan according to your gender, weight, height, and exercise level.

There are other ways to review your food and that's through tracking or journaling what you're consuming. Counting calories and tracking your food can be a useful tool for beginners who want to get a better understanding of what they're eating. Look at food as an energy source and a way to nourish your body for each day. Some effective methods are:

1. Use a Calorie Counter App (for example: MyFitness Pal)
2. Review Nutrition Facts Labels
3. Use a handwritten food journal

If you're looking for more personalized support, you can join our National Diabetes Prevention (NDPP) class at MaineDOT or see a Dietitian for free through the State of Maine's insurance.

Looking for more information?

Eat Healthy
With MyPlate

Healthy Lifestyle
Weight loss

Calculate Your
MyPlate Plan

Be sure to visit
the ChallengeME
website:



ChallengeME
MaineDOT Healthy Workforce

NDPP Class

Join the National Diabetes Prevention Program to learn how to eat healthier, increase activity, lower your blood sugar, and improve your overall health. You will learn how to read food labels, track food, MyPlate, how to meal prep, and much more. Most importantly you will gain group support and accountability.

Date and Time: April 28 at 11:30 am

Location: Conference Room 216 or TEAMS

Register at no cost here: National Diabetes Prevention Program (mainegeneral.org)

Scan QR code to visit
mainegeneral.org



Dietitian: State of Maine Benefit

Through your Anthem Benefit plan, you have access to an in-network dietitian at NO COST! You can meet with a dietitian for unlimited one-on-one visits. Please call Anthem Member Services at 1-844-273-4614 with questions regarding an in-network provider

How to find an In-Network Dietitian

Step 1: Contact Anthem Member Services at 1-844-273-4614 or visit <https://www.anthem.com/find-care/>.

Step 2: Log in to or create your Anthem account OR choose the Guests option.

Step 3: Answer a few questions and then select a plan/network to search. Click Continue.

Step 4: Search by zip code. Type "Dietitian" in the search bar.

Step 5: Click View Details on your preferred choice.

For more information, please contact WellStarME at: (207) 620-9202 or wellstar@mcd.org