Spotlight on: UBH Online Weight Management Program

Build a More Healthy Salad or Sandwich

Fresh salads and deli sandwiches are usually healthy, right? Not necessarily. You can see how your favorites stack up with online Build a Plate tools.

- Build a Plate: Salads — fill your plate from a virtual salad bar
- Build a Plate: Sandwiches — make a virtual sandwich from an assortment of meats, vegetables, condiments, and breads

Both tools show how the nutrients and calories add up as you choose each item. Swapping in different ingredients can reveal ways to make your sandwiches and salads healthier.

Use the Build a Plate tools today.

- Visit www.liveandworkwell.com
- Access the Weight Management Program from the homepage
- Click "Go to Miavita and give it a try"
- Log in with your user name and password
- Select "Quizzes" from the Interactive Tools menu on the right side of the page
- Scroll down to "Other Tools" and click "Build a Plate: Sandwiches" or "Build a Plate: Salads"

Learn More!

Healthy Foods Are Everywhere

At the restaurant and the supermarket, many healthy options are hiding in plain sight. This article explores some ideas on how to spot them.

To read this article, access the online Weight Management Program from the liveandworkwell.com homepage, then click the "learn more" link in the "Did you know?" section.