



# We will begin shortly. While we wait, grab these items for the demo:

- ▶ 1 ¼ cup spinach leaves
- ▶ 3-5 ounces of grilled chicken
- ▶ ½ cup of halved strawberries
- ▶ ¼ cup of pecans
- ▶ ½ cup of feta cheese (or goat cheese)
- ▶ 1/3 cup red onions thinly sliced (optional)
- ▶ 2 Tbsp. of balsamic dressing
  - ½ cup of balsamic vinegar
  - ½ cup of EVOO
  - 1 Tbsp honey Dijon mustard
  - 1 Tbsp of honey
  - Salt and fresh ground pepper to taste



# Make & Take: Salad Demo

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**Make and Take: Salads** In is a step-by-step demonstration where we will discuss the importance of balanced salads for optimal nutrition and energy. These are fun, easy, healthy and balanced make and take salads.



# Make & Take: Salad Demo

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- ▶ 83+ years, started by Railway Mail Carriers
- ▶ 2+ million members worldwide
- ▶ 2nd largest FEHB membership
- ▶ Largest dental membership in FEDVIP
- ▶ Exclusively Federal / Postal / Annuitants / Military retirees
- ▶ Extensive nationwide network of doctors, dentists, hospitals and other providers
- ▶ We want you to Choose Possible



# Today's presenters

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**Lindsay Martin, MS, RDN, LDN**  
Health and Wellness Program Administrator | GEHA



The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein.



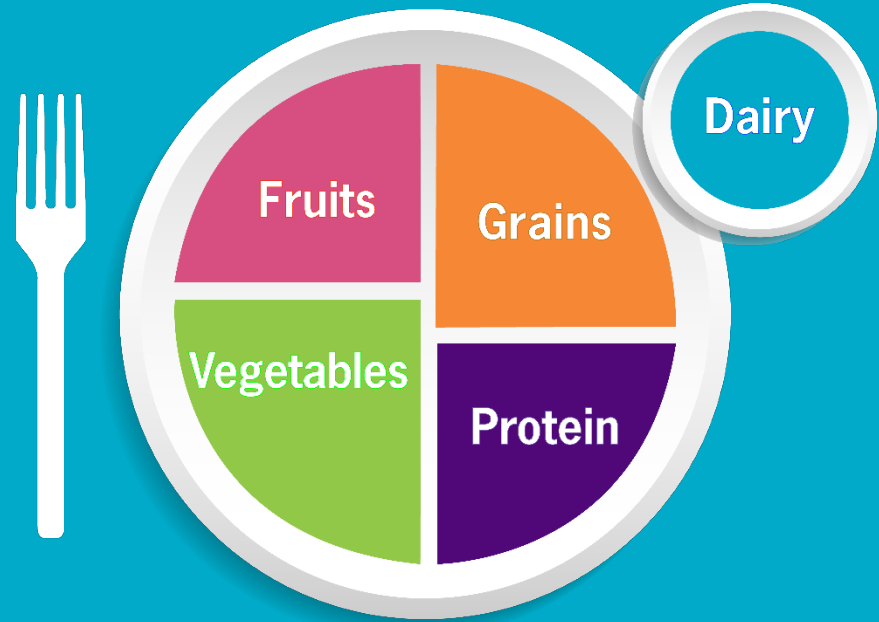
# Agenda

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- ▶ Balancing our meals
- ▶ How to pick to your preference:
  - Protein
  - Fiber up with veggies
  - Flavors & toppings
- ▶ Make & take – recipes

# MyPlate

- ▶ Use the [USDA MyPlate](#) to help create balance for each meal
- ▶ ½ fruits and vegetables
- ▶ ¼ whole grains
- ▶ ¼ lean protein
- ▶ Low-fat dairy options





# Protein

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- ▶ Beans/ legumes
- ▶ Lean meats/ Seafood
- ▶ Eggs
- ▶ Cheese or cottage cheese
- ▶ Nut/seed butter
- ▶ Nuts and seeds
- ▶ Soy (edamame, tofu)



# Fiber up

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- ▶ Favorite fruits
  - Spinach
  - Arugula
  - Kale
- ▶ Seeds
  - Ground flax seed
  - Chia seeds
  - Hemp seeds





# Toppings & Flavoring

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- ▶ Avocado/ Guacamole
- ▶ Lemon or lime juice
- ▶ Fresh herbs and spices
- ▶ Dressings
- ▶ Oil and vinegar
- ▶ Hummus
- ▶ Croutons/ Pita pieces



# Summer Spinach Strawberry Salad

- ▶ 1 ¼ cup spinach leaves
- ▶ 3-5 ounces of grilled chicken
- ▶ ½ cup of halved strawberries
- ▶ ¼ cup of pecans
- ▶ ½ cup of feta/ goat
- ▶ 1/3 cup red onions thinly sliced
- ▶ 2 Tbsp. of balsamic dressing
  - ½ cup of balsamic vinegar
  - ½ cup of EVOO
  - 1 Tbsp honey Dijon mustard
  - 1 Tbsp of honey
  - Salt and fresh ground pepper





# Make & take

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- ▶ Pack with nutrition
- ▶ Use variety of colors
- ▶ Themes for variety
- ▶ Prepare – make & take



# GEHA member resources

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- ▶ Elevate and Elevate Plus plans:
  - Rally digital health platform for fitness and nutrition
  - Real Appeal weight management program
  - Learn more at [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards)
- ▶ HDHP, Standard and High Option plans:
  - Health Balance digital health platform [geha.com/HealthRewards](https://geha.com/HealthRewards)
- ▶ All plans:
  - GEHA Connection Fitness
  - Learn more at [geha.com/Fitness](https://geha.com/Fitness)
  - Chiropractic and acupuncture
- ▶ GEHA website for benefit information [geha.com](https://geha.com)

# Q&A

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## Lindsay Martin

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## Name

Credentials

Title | GEHA

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# Thank you

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At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. It's important that we do what it takes to be your trusted partner and help you Choose Possible.

This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at [geha.com/Plan Brochure](https://geha.com/Plan%20Brochure). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

## For more information

[geha.com](https://geha.com) | [geha.com/Blog](https://geha.com/Blog)



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