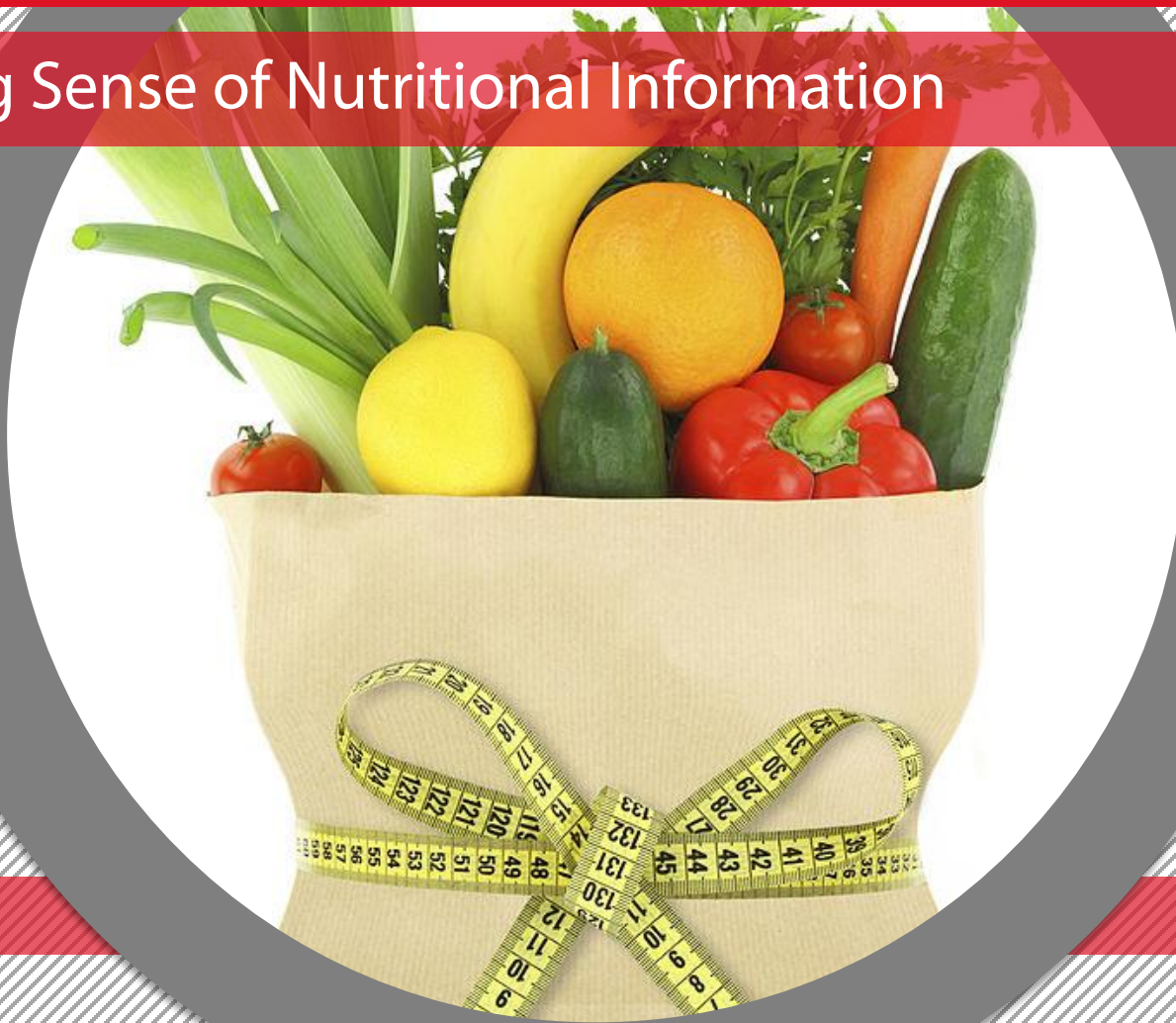


# GROCERY RUN

## Making Sense of Nutritional Information



July 2018

Nutritional labels do a pretty good job of letting you know calories, fat grams, and fiber in a serving, but other terms used can be misleading. Look beyond the hype to make sure you are getting the most nutritional value from your food. SupportLinc can help with articles, audio clips, a healthy eating quiz and FAQs that can help you make healthier choices.

Available anytime, any day, SupportLinc is a free, confidential program to help you balance your work, family and personal life.

### WEBINAR

Eating Your Way to Wellness

Available on July 17

This session focuses on the USDA's MyPlate with tips and resources on how to eat your way to better and long-lasting health.

**SUPPORT FOR EVERYDAY  
ISSUES. EVERY DAY.**

### PHONE

1-888-881-LINC (5462)

Confidential Assistance  
24 Hours a Day, 365 Days a Year

### WEB

[www.supportlincmap.com](http://www.supportlincmap.com)

Username: peht  
Password: member

### MOBILE APP



**SUPPORT LINC**  
MEMBER ASSISTANCE PROGRAM