

*An unhealthy diet is a significant factor in the risk of coronary heart disease, some cancers, diabetes, and stroke. It is also a contributing factor in the risk for hypertension, osteoporosis, and obesity.*

*One in three Americans is trying to lose weight. Eating for good health is the same as eating to control weight. But do you really know what a healthy diet consists of, and how to achieve that in the context of a busy lifestyle?*

CIGNA presents

## Basic Components of Healthy Eating

A telephone wellness seminar:

**When you attend this seminar, you'll learn about the latest U.S. government guidelines for healthy eating, including:**

- What is a whole grain and why should I care?
- Why do I need to eat some fat?
- What are good and bad fats, and food and bad carbohydrates?
- What proportion of my diet should be from protein, fats, and carbohydrates?

Seminar is available to listen to beginning Wednesday,  
February 11, 2009  
4:00 pm ET (1:00 PT) and will be available until  
11:59 pm CT, February 20, 2009

To access the call dial 1-888-348-4629 and  
enter the passcode 646118.

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