



Activate Healthy Eating

Are you ready to take charge and achieve a healthier lifestyle wherever you are? Here you will find ideas and resources to Get Activated at Work. Sometimes we just need a reminder that simple things like taking the stairs, eating healthy foods during a meeting, or walking during lunch breaks can really improve our overall health.*

If you're a PacificSource member, [sign in to Member Login](#) » to access PacificSource' online health management tools and personalized support. *(Available to most members, depending on your coverage. Call the customer service number on your member ID card for more information.)*

Water Hydration-

[How much water should I drink?](#) »

Fruit & Vegetable Consumption-

[Community Gardens](#) »

[Eating Seasonal in Idaho](#) »

[Fruits and Vegetables](#) »

[Grow A Row](#) »

[Healthy Produce, Shopping, Recipes](#) »

[Local Farmers Markets](#) »

Making the Healthy Choice-

[5 Unhealthy Food Traps: Foods that Sound Healthy, but Aren't](#) »

[Dining Out](#) »

[Eating Right Tips](#) »

[Fast Food Choices](#) »

[Healthy Dining Guide](#) »

[Healthy Vending](#) »

[Nutrition Trivia: Do you know which is healthiest?](#) »

[Vending Choices](#) »

[What should I feed my young athlete?](#) »

Intake Management-

[5 Ways to Stop Mindless Eating](#) »

[Calorie Control](#) »

[MyPlate](#) »

[Online Food Diary](#) »

[Portion Distortion](#) »

[Portion Size Plate](#) »

[Rate Your Plate](#) »

[Serving Size Card](#) »

Healthy Recipes-

[Cooking Light Recipes](#) »

[Food Exchange List](#) »

[Healthy Recipes](#) »

[Kid Approved Healthy Recipes](#) »

[Recipe Finder](#) »

Calculators-

[Food Calculator »](#)
[Hydration Calculator »](#)

Weight Management-
[Eating Well »](#)
[Weight Management Interactive Tools »](#)

Do you have a Healthy Eating Resource you would like to share with our network? Contact [Anjie Knickrehm](#) and tell us about it!

* Before trying to lose weight, talk to your doctor. He or she knows you and your health and can recommend a safe starting point for losing weight. And knowing your body mass index (BMI), cholesterol levels, blood pressure and other numbers will help you get to where you need to be.