

Eat Right for Life

Join our six-session virtual programme to improve your health through wise nutritional choices



As consumers, we need to educate ourselves about our bodies and what we put in them. Challenges facing us include our busy lives, limited time to prepare food from fresh ingredients, and the cost of some foods.

Designed to help you Eat Right for Life

The six sessions will include:

1. Biometrics—Know Your Numbers

Review of biometrics to provide an understanding of what the numbers mean on blood tests and what other body measurements mean in terms of nutritional health.

2. Macronutrients—Fats, Carbohydrates and Protein

The role of fats, carbohydrates and protein in the diet, along with good sources and adequate intakes of these nutrients.

3. Micronutrients—Vitamins

Role in body, food sources; adequate, deficient and excessive amounts.

4. Micronutrients—Minerals

Role in body, food sources; adequate, deficient and excessive amounts.

5. Why Diets Don't Work

Body image and why diets don't work over the long term. Focus on food groups and recommended servings for a balanced diet.

6. Making Choices

—Labels, Shopping and Menu Selection

Reading and understanding nutrient facts panels, ingredient lists, assessing health claims. Learn strategies and tips for meal planning, grocery shopping and menu selection when eating out.

In Bermuda, 75% of adults are overweight or obese, 33% have high blood pressure, 34% have high cholesterol and only 18% eat the recommended servings of fruit or vegetables each day. Nutritional issues and lifestyle choices have a huge impact on health and contribute to rising healthcare costs.

—Steps to a Well Bermuda Survey, 2014

Where does it take place?

This is a virtual webinar series.

What is the cost?

With BF&M health insurance, the cost is covered by your nutritional benefit.

Interested in attending?

Email livewell@bfm.bm for details.



The BF&M difference? Insurance the way it should be.

LiveWell is intended to complement rather than substitute for proper medical advice or treatment.

LiveWell with **BF&M**