



BAHAMAHEALTH OFFERS UNSURPASSED COVERAGE SO THAT **OUR MEMBERS CAN HAVE PROTECTION.**

We offer a wide variety of benefit options for both employer-sponsored groups and individuals to ensure that your health coverage meets your unique needs and budget. We also offer:

- ▶ **Plan Choice**
- ▶ **Lifetime Membership**
- ▶ **Convertibility of Medical & Life Benefits**
- ▶ **Low Co-payments**
- ▶ **24/7 Care Advocate Service**
- ▶ **Worldwide Coverage**
- ▶ **Preventative Care**



www.bahamahealth.com | (242) 396 1300 | GOOD HEALTH IS WITHIN YOUR REACH!



HEALTHY FOODS SHOPPING GUIDE

Cholesterol and Blood Sugar Helpers

- *Help lower blood cholesterol levels, enhance digestive health and minimize the rise in blood sugar levels after a meal (good for diabetics)*

- | | |
|---------------------------------------|---------------------------------|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Whole Grains | <input type="checkbox"/> Beans |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Seeds |

Antioxidant Rich

- *Help to prevent and repair damage done by free radicals in the environment. A diet rich in antioxidants may also enhance immunity and lower the risk of cancer*

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Small red beans |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Kidney/pinto/black beans |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Coffee/Tea |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Artichokes |
| <input type="checkbox"/> Prunes | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Pecans | <input type="checkbox"/> Russet Potatoes |

High Fiber Foods

- *These foods are important for a healthy digestive system. A diet high in fiber can also reduce the risk of heart disease and diabetes*

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Pears | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Whole Grains |
| <input type="checkbox"/> Dried Fruits | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> Peaches |
| | <input type="checkbox"/> Citrus Fruits |
| | <input type="checkbox"/> Dried Peas |



Adapted from
 webmd.com

