

You FIRST

Your Month of Well-being

MARCH 2026

Nourish to Flourish

March is Nutrition Month—a perfect time to highlight the importance of making informed food choices and building healthy eating habits. From busy mornings to full afternoons, the foods we choose have a powerful impact on our energy, focus and overall well-being throughout the day. Small, realistic changes can add up over time, helping create sustainable habits that support long-term health.

What Research Shows

- Around **4 in 10 adults** in the United States are obese, and 1 in 10 are severely obese.
- Approximately **37% of American adults** have poor diets, lacking nutrient dense and whole foods.
- **Only 1 in 10 adults** in the U.S. eats enough fruits and vegetables, which are linked to high energy and immune support.
- Roughly **7 in 10 Americans** say the increased cost of healthy foods in recent years has made it more difficult to eat healthy.
- **9 out of 10 adults** in the U.S. consume more sodium than recommended, exceeding the advised daily limit of less than 2,300 mg.
- In the U.S., approximately **1 in 3 adults** consume fast food on a given day.
- In the U.S., most adults and adolescents exceed their daily sugar intake by **2 to 3 times** the recommended amount.

Sources: [Nutrition Facts in the U.S., 2025 | Nutrition Statistics - The Global Statistics](#)
[Fuel Your Workday: Nutrition Tips for Every Job Environment | Health Discovery](#)
[10 Tips for Eating Healthy at Work - ErgoGlobal](#)
[Debunking 10 common nutrition myths for 2025 | Cufic](#)

Tips & Tricks: Fueling your Workday

Boost your energy and focus throughout the day with these simple workplace strategies:

- **Plan ahead:** Set aside time each week to map out balanced meals that will keep you fueled during busy workdays.
- **Snack smart:** Stock your desk or office kitchen with nutritious options like raw nuts, cut fruit or Greek yogurt.
- **Hydrate well:** Keep a water bottle nearby and sip throughout the day to stay refreshed and regulated.
- **Balance your plate:** Include a mix of lean protein, whole grains and healthy fats to help maintain steady energy throughout the day.
- **Check the label:** When choosing packaged snacks, review the nutrition facts—pay attention to serving size, calories and nutrients to limit.

**Scan the QR code—
learn label basics in
seconds!**



What's Really Holding Us Back? Nutrition Myths Debunked

Misleading nutrition beliefs are everywhere—and they can make healthy choices feel confusing. Here's a look at some of the most common myths and the facts that bust them.

- **"Eating healthy is too expensive."**

With a little planning, nutritious eating can fit any budget. Shopping sales, choosing seasonal produce, and opting for affordable healthy alternatives can make a big difference.

- **"Carbohydrates are bad for you."**

Carbs are the body's main source of energy and play an important role in overall health. Foods like fruits, vegetables, dairy and whole grains provide essential vitamins, minerals and fiber.

- **"Low-fat or fat-free foods are always healthier."**

Many low-fat or fat-free products add extra sugar or sodium to replace lost flavor when fat is removed. Whole, minimally processed options are often a better choice.

- **"Intermittent fasting is the best way to lose weight."**

While intermittent fasting may support weight loss for some, sustainable results come from a combination of balanced nutrition, physical activity, adequate sleep and stress management.

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and well-being!

March 4th, 2026, at 12:00 p.m.: **Beyond the Calories: Eating for Energy, Health & Longevity**

Discover how nutrition goes far beyond calorie counting. This engaging webinar explores how the foods we choose impact our energy levels, overall health and long-term vitality. Learn practical strategies to fuel your body with purpose, support metabolic health and make informed choices that promote longevity.

Click [here](#) to register!



CareFirst BlueCross BlueShield Member Resources

- **One-on-One Health Coaching:** As part of CareFirst WellBeingSM, you can participate in personal health coaching—at no cost to you. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **Noom:** Designed to help you achieve and maintain a healthy weight, it can also help lower the risk for chronic conditions like diabetes. There is no cost to you, and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes.

To access the above resources, log in to or sign up for [CareFirst WellBeing](#). Once logged in, select **Your Wellness Resources**. Next, click **Health & Fitness** and then the program of interest.

This well-being program is administered by Sharecare, Inc., an independent company that provides health improvement management services to CareFirst members. Sharecare, Inc. does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

Noom is brought to you on behalf of your CareFirst WellBeing program. Noom is an independent company that provides health improvement management services to CareFirst members. Noom does not provide CareFirst BlueCross BlueShield products or services and is solely responsible for the health improvement management services it provides.

Featured Blue365 Deal for March

Cold weather comfort doesn't have to derail your health goals. With [Blue365](#), enjoy savings on nutritious meal kits, weight management programs, healthy snacks, and vitamins.

[Mom's Meals: Save up to \\$40 on Every Order of Fully Prepared Home-Delivered Meals](#)

Choose from 60+ traditional and culturally inspired meals that are ready to heat and enjoy in minutes. Meals are also tailored to health conditions, supporting most chronic conditions such as diabetes, heart and kidney issues, along with options to support general wellness.