

Real Appeal[®]

WEIGHT LOSS SUPPORT

Healthy Eating Begins at Home

We know — it can be hard to get healthy, homemade meals on the table each night. Real Appeal[®] can help provide the resources you need to take small steps and create lasting, healthy nutrition habits.

Helping You Eat (and Live) Healthier

Real Appeal is a program on Rally Coach[™] available to you and eligible family members at no additional cost as part of your health insurance.



Online Group Sessions + Reference Library

Join live sessions with a community of members to learn healthy tips like meal prepping, how to cook meals with fewer calories, and more.



Recipes at Your Fingertips

Find hundreds of recipes in the Real Foods Guide — including ideas for breakfast, lunch, dinner, snacks, smoothies, and desserts.



Track Your Nutrition

You can easily track your food intake on the Real Appeal app. Already use a tracking app? You can sync data from many popular apps to Real Appeal.

Sign Up Today

gwu.realappeal.com

Have your health insurance ID card handy when enrolling.

Surprising Reasons You're Always Hungry:

You Skipped Your Workout

Taking an occasional rest day is important to give your body a break.



You're Eating the Wrong Carbs

Choose complex whole foods such as legumes, starchy veggies, and whole grains.

Your Mind Is Confusing Appetite for Hunger

Eat regularly and make sure to include fiber-rich foods, lean protein, and a little healthy fat.

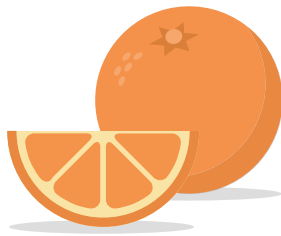


Read "How to Store Fruits and Veggies So They Last Longer" on the back and learn how to better preserve produce after you go to the grocery store.

RALLY/COACH[™]

How to Store Fruits and Veggies So They Last Longer

On average, around \$1,500 worth of food is wasted per year in each household. The good news is that a few simple tricks could have a massive impact on the environment (and your grocery expenses) to reduce the amount of produce we toss every day.



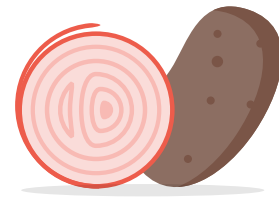
Citrus

Buy these fruits without netting and store at room temperature. Store in the fridge so they last longer. If your citrus starts to turn, you can slice the fruit up and freeze it as ice cubes for drinks.



Salad

Wash and dry loose leafy salad greens in a salad spinner, then wrap loosely in paper towels and store in a food storage container to keep the leaves crisp.



Onions and Potatoes

Store in a cool, dark place like a basket in a cupboard or cellar. Avoid storing in plastic bags. Once cut, onions should be stored in a reusable bag in the fridge.



Cucumbers

Wash cucumbers after you bring them home. Thoroughly dry them, then wrap each in a cloth or towel. Store in the fridge in a reusable vegetable bag.



Apples and Bananas

Buy bananas when they're still slightly green and store them away from other fruits. Keep apples in an uncovered fruit bowl on the counter and make sure to store them out of direct sunlight.



Herbs

A great hack for storing fresh herbs is to chop the leaves in a food processor and place into an ice cube tray with a little olive oil and store in the freezer.

Get Started Today at gwu.realappeal.com

**Real
Appeal**[®]