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Healthy Recipes

Watch easy-to-follow cooking demonstrations and recipe preparation from our [Health eCooking video library](#) or read our [traditional online recipes](#).



Spotlight

New! Symptom Checker iPhone App



Get reliable health information around the clock.

- Find out when you can manage symptoms at home and when to seek medical care.
- Locate the nearest emergency room.
- Look up the prescribed dosage of common over-the-counter medicines for children.
- And more!

Download the Symptom Checker now.
Use the Symptom Checker on My Care First if you don't have an iPhone or iPod Touch.

CareFirst Programs and Events

Programs for Our Members with Asthma, COPD, Diabetes and Heart Disease
Great Beginnings Program for Expectant Mothers
Prescription Drug Plan for Members
Case Management Program for Members
Walks, Health Fairs and More
Get Monthly Health News by E-mail
Health Tracker
Learn to Dance
PBS TV Health Topics
Symptom Checker iPhone App

Today's Health Tools



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[Due Date Calculator](#)
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Health Demo:
[Cerebral Aneurysm Animation](#)
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Health Tutor:
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In Health News

Health Tip: Don't Neglect Oral Hygiene During Pregnancy
Health Tip: Heed the Warning Signs of Heat Exhaustion
[Japan Nuke Disaster Will Kill Up to 1,300 People Worldwide, Study Estimates](#)
[Sodium Buildup in Brain Linked to Disability in MS Patients](#)
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Healthy Recipes

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TM Health eCooking is a designated trademark of Baldwin Publishing.

Hungry for a healthy, new dish? Then check out this resource. We don't just tell you to cook nutritious recipes; we show you how.

The Health eCooking Show chef prepares healthy versions of simple recipes for everyday cooking. You can use your mouse to back up and watch the chef add each ingredient. You can also raise or lower the volume and print each recipe.

Watch the video demonstrations

To view the videos, you will need Adobe Flash, which you can download for free from the Adobe site.

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Watch Us Make Shrimp Ceviche

The fresh citrus seafood marinade, sparked with horseradish and a dash of cilantro, gives the shrimp a flavorful Mexican twist. The juicy mango salsa provides a colorful complement to the shrimp. This recipe is diabetes-friendly, heart-healthy and gluten-free.



[View and print the recipe.](#)

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Healthy Recipes

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Shrimp Ceviche

Ingredients:

2 pounds peeled and deveined medium shrimp
salt to taste
freshly ground black pepper to taste
3 large beefsteak tomatoes, chopped (about 3 cups)
1 medium green bell pepper, sliced thin
1 medium red bell pepper, sliced thin
1 medium yellow bell pepper, sliced thin
1/3 cup fresh lemon juice
1/3 cup fresh lime juice
1/3 cup orange juice
1 teaspoon prepared horseradish
1 tablespoon honey
1/2 cup chopped fresh cilantro
1 red onion, sliced thin
2 peeled, seeded and diced mangoes
1/2 cup of extra virgin olive oil
1/4 cup minced chives for garnish

Directions:

Cook shrimp: Fill a large saucepan three quarters full with water and bring to a boil over high heat. Add shrimp, salt and black pepper to taste, and cook for 40 seconds. Drain shrimp in a colander. With a knife, dice shrimp into 3/4-inch pieces. Transfer shrimp to a bowl and cover and chill.

Make marinade: In a blender combine 2 1/2 cups tomatoes; 3/4 of each bell pepper; 1/2 cup of each juice; horseradish; and honey. Blend until smooth. In a large bowl, combine shrimp, marinade and 1/4 cup cilantro; toss to combine. Marinate for 1 hour, covered and chilled.

Make salsa: In a large bowl combine remaining bell peppers, red onion, mangoes, remaining tomatoes, remaining cilantro, olive oil, remaining juices, pinch of salt and black pepper to taste. Toss to combine and set aside.

Serve: Spoon shrimp mixture in cocktail glasses, top with mango salsa and garnish with chives.

Makes 8 servings.

Nutrition information per serving:

Nutrition facts (per serving):

Calories: 324

Fat: 16 g

Saturated Fat: 2 g

Cholesterol: 172 mg

Sodium: 215 mg

Carbohydrates: 22 g

Fiber: 3 g

Protein: 25 g

Recipes by Dietary Considerations

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- High Fiber
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Health Management

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CareFirst's Disease Management Programs

As your health and wellness resource, CareFirst's goal is to help our members with chronic conditions take control of their health, so they can lead a fuller life. We provide the tools you need to manage your health, including programs, health events and information for eligible members.

The disease management programs are provided at no cost to eligible members.

How members are referred to the program

We receive the names of members with certain chronic health conditions from medical and pharmacy claims, case managers and from members themselves who ask to join the program. Please rest assured that this information is considered highly confidential, and we take every precaution to protect your privacy. As a CareFirst member, you have the right to continue to participate or to choose not to participate in the disease management program. **If you do not wish to participate, or if you feel that we received your name in error, please call us a 888-264-8648.**

Respiratory Programs



Asthma

CareFirst knows the health risks that asthma can present, not to mention the burden it can place on everyday life. That's why we created a special program just for our members. The program is designed to provide extra support to any eligible member who has asthma, no matter how minor or severe the condition may seem. **Members who would like to find out if they are eligible for the program should call 888-264-8648.**



COPD (Chronic Bronchitis/Emphysema)

People with COPD describe themselves as being "hungry for air." This makes each breath a chore. [Our program provides support for members with COPD](#), regardless of how long they have had this condition. **Members who would like to find out if they are eligible for the program should call 888-264-8648.**

Diabetes



Diabetes can cause many health problems if you don't manage it properly. [Click here to learn more about managing your diabetes.](#) CareFirst's diabetes management program can is ready and able to help you take charge, and help you learn to control your diabetes, rather than letting it control you. **Members who would like to find out if they are eligible for the program should call 888-264-8648.**

Heart Disease



Learn to take care of one of your body's most vital organs. We can help you understand heart disease and how you can make a difference in your heart health. **Members who would like to find out if they are eligible for the program should call 888-264-8648.**

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A Woman's Journey

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Breast Cancer Risk Assessment

Breast cancer is the most commonly diagnosed cancer in women (other than skin cancer). The American Cancer Society reports the breast cancer death rate is declining, probably because of earlier detection and improved treatment. This short assessment will help you determine if you have major risk factors for breast cancer.

Healthy Pregnancy Guide Clinical Wizard

More than 4 million babies will be born in the United States this year alone. Now, more than ever, mothers-to-be have access to current information, advanced technologies, and skilled medical personnel. The Healthy Pregnancy Guide provides an individualized tool to help plan for a healthy pregnancy and childbirth. With medical information and practical tips, you will be well-prepared to recognize the changes that are in store for you and your baby.



Did You Know?

A vaccine protects against the two main types of human papillomavirus that cause cervical cancer. It can be given to girls and young women ages 9 to 26. It's best to have the vaccine before you become sexually active.

Adolescence

A number of physical, mental, and emotional changes occur when a girl reaches puberty, from reproductive development to deepening cognitive abilities.

Childbearing Years

Health issues that may affect women during this stage of life include reproductive health and menstrual conditions.

Pregnancy

The decision to start a family is an important one. Proper health before pregnancy is almost as important as maintaining a healthy body during pregnancy.

Menopause & Living Well

Although menopause was once a life stage dreaded by many women, today's woman has an abundance of knowledge and resources available to her.

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Stress Management

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In This Section



Understanding Stress

Everyone feels stress from time to time. It's a fact of daily life. Stress has its upside, but chronic stress can have negative consequences.



Keys to Managing Stress

There are several keys to managing stress. First, learn to recognize when you're under stress and what triggers it.



Stress on the Job

Sometimes no matter how hard and fast you work, you miss your deadline, adding to your physical and emotional stress.



Stress and Family

You can better deal with stressful family situations by thinking ahead about what might upset you.

CareFirst Resources

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Get Monthly Health News by E-mail

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