

The Link Between Good Nutrition and Good Health

There are many food choices in today's society. Some choices make you give up good nutrition for the sake of speed. You are a busy woman and may have little time to prepare meals, but you can still make healthy choices about what you and your family eat.

A poor diet can lead to health problems and diseases, including:

- Breast cancer
- Colon cancer
- High blood pressure
- Stroke
- Heart disease
- Diabetes
- Osteoporosis (loss of bone mass)

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Women Have Special Nutritional Needs

Women are more susceptible to certain diseases, like breast cancer or osteoporosis.

You will also find that healthy eating habits have many positive benefits for your everyday life, including:

- More energy
- Happier moods
- Weight control
- Better at managing stress
- Looking better



Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information about eating healthy call the American Dietetic Association's Consumer Nutrition Information Line at:
1-800-366-1655

or visit their Web site at:
www.eatright.org

Nutrition

make the right choices and be a healthy woman





Making Sure You Eat the Right Amount

Eating too much or not enough are both unhealthy. Check the labels on food packages in the grocery store. They will tell you the right "serving size."

The United States Department of Agriculture (USDA) recommends the following amount of daily servings for these food groups:

- **Grains** (rice, pasta, bread, cereal) **6-11 servings/day**
- **Vegetables** (Greens, carrots, broccoli, peas, vegetable juice) **3-5 servings/day**
- **Fruits** (bananas, oranges, apples, fruit juice) **2-4 servings/day**
- **Protein** (Red meat, chicken, fish, nuts, eggs, beans) **2-3 servings/day**
- **Dairy** (Milk, cheese, butter, yogurt, cottage cheese) **2-3 servings/day**

Six Important Nutrients for Women

Nutrient	Foods That Have It	Health Benefits	How Much Do I Need?*
Fiber	Apples, blueberries, figs, raisins, broccoli, carrots, peas, lentils, brown rice, whole wheat pastas and breads, bran cereals, nuts	<ul style="list-style-type: none"> • Prevents constipation • Lowers risk of colon cancer • Lowers risk of heart disease 	20 to 35 grams (g) a day
Folic Acid	Vitamin pills, "enriched" breads, cereals and pastas, spinach, navy beans, peas, nuts, lentils, oranges and orange juice	<ul style="list-style-type: none"> • Protects baby from birth defects during pregnancy • Improves memory • Lowers risk of heart disease 	400 micrograms (mcg) a day
Vitamin B₁₂	Salmon, beef tenderloin, yogurt, shrimp, chicken, eggs	<ul style="list-style-type: none"> • Lowers risk of anemia (thin blood) • Provides energy • Lowers risk of nerve damage 	2.4 micrograms (mcg) a day
Vitamin D	Milk, cheese, eggs, fortified breakfast cereals	<ul style="list-style-type: none"> • Strengthens bones • Strengthens teeth 	10 micrograms (mcg) a day
Omega-3 Fatty Acids	Seafood (albacore tuna, mackerel, salmon), canola oil, soy oil, walnut oil	<ul style="list-style-type: none"> • Lowers risk of stroke • Lowers risk of heart disease 	No set amount
Calcium	Yogurt, tofu, low-fat milk and cheese, kale, broccoli	<ul style="list-style-type: none"> • Strengthen teeth and bones • Reduces risk of osteoporosis (loss of bones mass) • Improves muscle movement 	1,000 to 1,500 milligrams (mg) a day

*Remember, the labels on the food packages will tell you how much of each nutrient you are getting.



Eat Healthy and Take Charge of Your Life

"You are what you eat," is the old saying. Make healthy choices in the foods you eat, and you will be a happier woman with more energy to face each day.

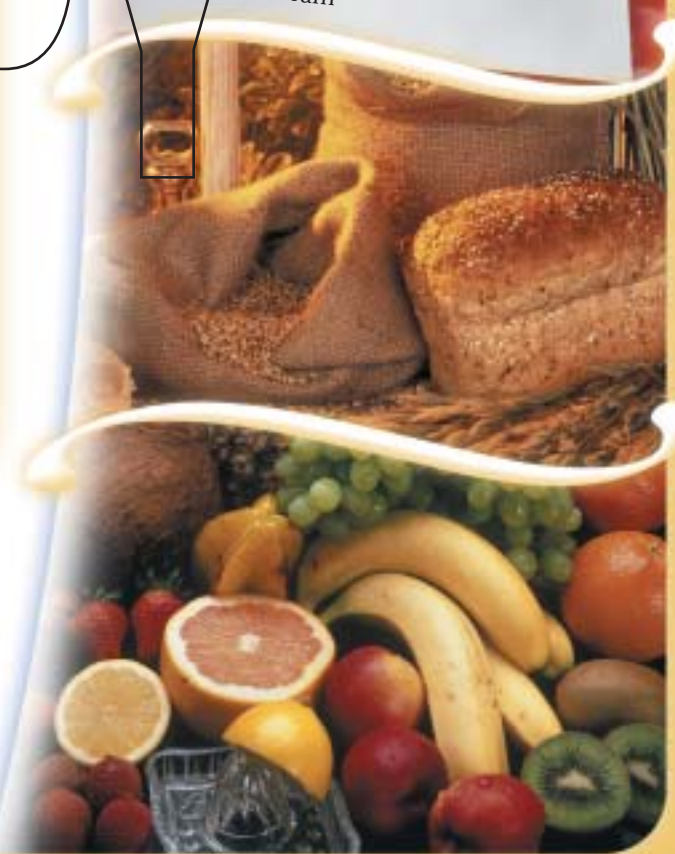
Eating healthy is the best choice you can make!

A Tasty Recipe for Calcium

If you don't like to drink milk, here are some ideas from the American Dietary Association:

Take one cup of skim or whole milk – warm or cold – and mix with one or two of the following:

- 1 cup of fresh or frozen pureed berries: strawberries, raspberries, or blueberries
- 2 tablespoons orange juice concentrate and 1/2 teaspoon vanilla extract
- 1 teaspoon of vanilla, almond, amaretto, or maple extract
- 1 pureed banana with 1/2 teaspoon honey
- 1 cup of cranberry juice cocktail and a small scoop of low-fat vanilla ice cream



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