

Sources of Nutrients & Vitamins

Fiber: Insoluble — fruits, vegetables, dried beans, wheat bran, seeds, popcorn, brown rice, and whole grain products such as breads, cereals, and pasta. Soluble — apples, oranges, pears, peaches, grapes, vegetables, seeds, oat bran, dried beans, oatmeal, barley, rye, and prunes.

Vitamin B6: Nuts, beef, fish (salmon), bananas, chicken, whole grain cereal and breads, eggs, pork, many vegetables including potatoes, dried beans, and peas.

Folic Acid: Leafy green vegetables, fortified cereal, dried beans and peas, broccoli, beets, cauliflower, whole wheat bread, peanuts, oranges, grapefruit, sunflower seeds, and liver.

Iron: Lean beef and pork, dried beans and peas, chicken, turkey, fish, peanut butter, organ meats, leafy vegetables, enriched breads and cereals.

Vitamin C: Oranges, potatoes, grapefruits, green peppers, tomatoes, fortified fruit juices, cantaloupes, tangerines, strawberries, and broccoli.

Zinc: Whole grain breads, oysters, dried beans, beef, chicken, pork, nuts and dairy products.

Calcium: Milk, cheese, yogurt, salmon, almonds, tofu, beans, and fortified juices.

North Dakota Family Planning Program



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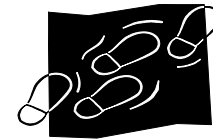
Healthy Women



Your food and physical activity choices each day affect your health — how you feel today, tomorrow and in the future.

Steps to a Healthier You

Women need energy for the many demands only a woman has to face. Eating the right foods provides women with a healthy look inside and out. Your eating habits affect not only you, but also your children — even before they are born.



What Is a Healthy Diet?

The Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Find Your Balance Between Food & Physical Activity

- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active 60 minutes every day.
- If you enjoy walking, aim for 10,000 steps per day.

Overweight and Obesity

Overweight and obesity in the United States has increased significantly. Many health problems — such as heart disease, diabetes and elevated cholesterol — happen to people who are overweight. To reverse this trend, most Americans need to eat fewer calories, be more active, and make wiser food choices.

Increased body mass index (BMI) is just one factor related to developing a chronic disease. To maintain a healthy body weight, balance calories eaten from food and beverages with calories burned through physical activity.

See the North Dakota Family Planning Program nearest you to assist in calculating your BMI.

Nutritional Needs for Special Times

In addition to maintaining a healthy diet, there are special times during a woman's life that have additional nutritional requirements.

Adolescents

The teens are a time when growth and body changes are rapid. Because bones and body organs are growing and changing, there is a need for foods high in calcium and iron. Foods high in folic acid also should be part of a teenager's daily diet.

Reproductive Years

Women of childbearing age should consume foods rich in iron and folic acid. Your nutritional needs also may change depending on your use of contraceptives.

Pregnancy/Lactation

There are times in a woman's life when extra pounds are necessary. During pregnancy, gaining 25 to 35 pounds helps you have a healthy baby. Women in their first trimester of pregnancy should consume adequate folic acid daily. A woman's need for calories when breastfeeding is higher than it is for a non-breastfeeding woman.

Adulthood

Adults need to make sure they are getting enough calcium, potassium, fiber, magnesium and vitamins A, C, and E. People older than 50 need to consume enough vitamin B12. Older adults need to consume more vitamin D.



My Pyramid

www.mypyramid.gov

The recommendations in the Dietary Guidelines and My Pyramid are for anyone age 2 and older.

My Pyramid is not a therapeutic diet for any specific health condition.

Individuals with a chronic health condition should consult with a health-care provider to determine what dietary pattern is appropriate for them.



Know the Limits of Fats, Sugars and Salt (Sodium)

- Get most of your fat from sources of fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the nutrition facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute to calories with few, if any, nutrients.

What Do I Need & Where Do I Get It?

- **Grains:** Eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta.
- **Vegetables:** Eat more dark green veggies like broccoli and spinach; orange vegetables like sweet potatoes and carrots; and dry beans and peas like pinto beans, kidney beans, and lentils.
- **Fruits:** Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit.
- **Milk:** Go low-fat or fat free when you choose milk, yogurt, and other milk products. If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.
- **Meat & Beans:** Choose low-fat or lean meats and poultry. Bake, broil or grill it. Vary your protein routine by choosing more fish, beans, peas, nuts, and seeds.
- **Oils:** This is not a food group, but you need some for good health. Get most of your fat from sources such as fish, nuts and vegetable oils. Limit solid fats like butter, stick margarine, shortening and lard.

What Does a Normal Portion Look Like?

- 3 oz. meat: size of a deck of cards or bar of soap — the recommended portion for a meal
- 3 oz. fish: size of a checkbook
- 1 oz. cheese: size of four dice
- Medium potato: size of a computer mouse
- 2 Tbs. peanut butter: size of a ping pong ball
- 1 cup pasta: size of a tennis ball
- Average bagel: size of a hockey puck
- Medium apple or orange: the size of a tennis ball
- 1 cup chopped raw vegetables or fruit: baseball size
- 1/4 cup dried fruit (raisins, apricots, mango): a small handful
- Snack size (4 oz.) container of unsweetened applesauce
- Cup of lettuce: four leaves
- Chicken stir-fry with 1 cup of mixed broccoli, carrots, and mushrooms (equals two vegetable servings)
- 1/2 cup cooked or canned legumes (beans and peas)
- Five to six baby carrots

