

Eat Well, Be Well

a nutrition guide for women

Why eat healthy foods?



- To look and feel your best
- To set a good example for your children
- To be healthy before you get pregnant so you will have a healthy baby
- To lower your chances of getting diabetes, heart disease, cancer, and brittle bones

For all women of childbearing age

Make sure your body is ready for pregnancy when you are.

- To reduce your chance of having a baby with a birth defect of the brain or spinal cord, you should:
 - Take a multivitamin with 400 mcg of folic acid everyday.



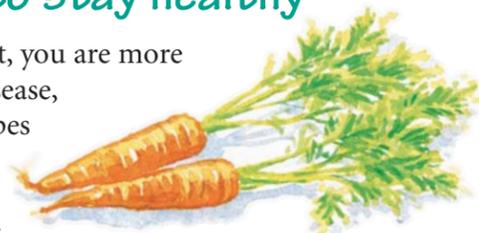
AND

- Eat foods high in folic acid such as cereals and breads, peas and beans, beef and chicken liver, orange juice, and greens.
- Limit alcohol and don't smoke or take drugs.
- Stay at a healthy weight. Ask your clinic doctor, nurse, or nutritionist what a healthy weight is for you.

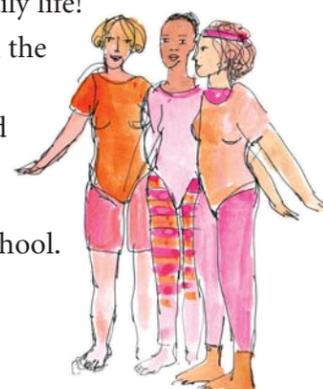


If you want to stay healthy

If you are overweight, you are more likely to get heart disease, diabetes, or some types of cancer. To lose weight or keep from gaining weight:



- Choose healthy foods.
 - Eat 5-9 servings of fruits and vegetables every day.
 - Switch from whole milk to 1 percent or non-fat milk.
 - Make meals that use just a little meat such as spaghetti, stew, chili, soup, stir-fry dishes, bean burritos, and bean soups.
- Be active at least 30 minutes at least five days a week.
 - Make it fun!
 - Take daily walks in the shopping mall or your neighborhood.
 - Join a soccer or softball team.
 - Make it part of your daily life!
 - Park a long way from the store and walk.
 - Take the stairs instead of the elevator.
 - Swim or bike with your children after school.



Make healthy food choices while eating out!

Breakfast

pancake with syrup (no butter)
bagel
English muffin with jelly
whole-grain cereal
low-fat or skim milk
orange juice



Lunch

grilled-chicken sandwich
baked fish
beef or chicken fajita
vegetable pizza
low-fat milk or low-fat frozen yogurt



Dinner

a small bowl of chili
baked potato (use a little margarine)
regular, plain hamburger
tossed salad with low-calorie dressing
low-fat or skim milk



Try these meal plans that are quick, healthy, and easy on the budget!

Day 1	Day 2	Day 3
Breakfast whole-grain cereal with banana toast with jelly low-fat or skim milk orange juice	Breakfast quesadilla orange juice	Breakfast English muffin with jelly low-fat or skim milk apple juice
Lunch vegetable soup tuna sandwich with lettuce and tomato low-fat crackers apple low-fat or skim milk	Lunch bean and cheese enchiladas lettuce and tomato cantaloupe	Lunch turkey with slice of low-fat cheese on hard roll with lettuce fig bar cookie orange low-fat or skim milk
Snack peach	Snack banana	Snack V-8 juice
Supper hamburger-noodle casserole* (drain fat off cooked ground beef) spinach whole-wheat roll ice milk or low-fat frozen yogurt	Supper chicken with rice tortilla squash carrots flan (made with low-fat milk)	Supper baked chicken (without skin) black-eyed peas turnip greens corn bread banana pudding (made with low-fat milk)
Snack vanilla wafers	Snack graham crackers	Snack air-popped popcorn without butter

*Casseroles can be made ahead of time and stored in the refrigerator or freezer.