

TIPS TO HEALTHY EATING:

On average, women 14 – 50 years of age need to consume between 1,800 to 2,000 calories per day. Know what normal serving sizes look like. Example: Meat serving = deck of playing cards; rice serving = ½ a baseball; cheese serving = 4 dice.

- When eating or snacking in front of the TV, put the amount that you plan to eat into a bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else.
- If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

- Many restaurants serve more food than one person needs at one meal. Split the meal with your friend. Or, ask for a "to-go" box and wrap up half your meal before you begin to eat.
- Instead of sweet tea/sodas, drink water (8 glasses a day). One can of soda per day = 10 extra pounds per year!
- Eat a low-calorie appetizer before a meal; you will eat less total calories during the meal. Start your meals with a broth-based soup or a green salad without a large amount of cheese or croutons.
- Don't go grocery shopping when you are hungry.
- Keep a food diary. Write down what you eat and drink every day.



For free and confidential information on Family Planning Services, or how to have a healthy pregnancy, call the 1-800-545-1098.

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DID YOU EAT SOME
VEGGIES TODAY?
OR DRINK
a glass of **MILK?**
WHY NOT? EAT UP!

Do the little things
today for a healthy
life tomorrow.

It is all about me!
a healthy



TRY TO EAT FOODS FROM EACH OF THE FIVE FOOD GROUPS EVERY DAY:

GRAINS: whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn

FRUITS: apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines and 100% fruit juice

VEGETABLES: broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes and tomatoes

DAIRY: fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt

PROTEIN: lean beef, chicken, turkey, pork, game meats, fish, and shellfish. Select only lean meat; trim away visible fats; broil, roast or poach; remove skin from poultry. Nuts, seeds and legumes: almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils and split peas

GOOD CHOICES FOR EATING HEALTHY. I WILL MAKE THE FOLLOWING CHOICES:

- ☐ Take a multiple vitamin
- ☐ Choose a variety of foods
- ☐ Eat a fruit or vegetable at every meal
- ☐ Eat breakfast every day. It gives you the energy you need to tackle your daily activities
- ☐ Choose whole grains more often, such as brown rice, whole wheat bread and pasta, popcorn
- ☐ Select a mix of colorful vegetables each day—yellow, red, green
- ☐ Get at least 1000 mg of calcium a day
- ☐ Choose fresh, canned, or frozen fruit more often than fruit juice
- ☐ Use fats and oils in moderation
- ☐ Eat sweets in moderation
- ☐ Eat at least three meals every day
- ☐ Limit your salt intake
- ☐ Have low-fat, low-sugar snacks on hand
- ☐ Check out ChooseMyPlate.com

DRINKING ENOUGH WATER EVERY DAY IS IMPORTANT FOR BEING HEALTHY.

PREPARING FOR PREGNANCY SOON OR SOMETIME IN THE FUTURE?

It is important to start making healthy choices now, because having a healthy baby someday begins today.

Every woman should take a multivitamin with at least 400 micrograms of folic acid daily before pregnancy and 600 mg of folic acid daily during pregnancy. Folic acid can prevent major birth defects of the baby's brain and spine. Folic Acid can also be found in foods such as asparagus, spinach, black beans, peanuts, orange juice (from concentrate is best), enriched breads and pasta, romaine lettuce and broccoli.