



10 TIPS FOR WOMEN'S HEALTH

- 01. FIND OUT WHAT YOU NEED.** Get personalized nutrition information based on your age, gender, height, weight and physical activity level.
- 02. ENJOY YOUR FOOD BUT EAT LESS.** Use a smaller plate at meals to help control the amount of food and calories you eat.
- 03. STRENGTHEN YOUR BONES.** Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones.
- 04. MAKE HALF YOUR PLATE FRUITS AND VEGETABLES.** Add fruit to meals as part of main or side dishes. Choose red, orange or dark-green vegetable like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.
- 05. DRINK WATER.** Sip water or other drinks with few or no calories to maintain a healthy weight. Keep a bottle of water on you to satisfy your thirst throughout the day.
- 06. EAT WHOLE GRAINS MORE OFTEN.** Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and provide key nutrients.
- 07. LEARN WHAT IS IN FOODS.** Use both ingredient and Nutrition Facts labels to discover what various foods contain.
- 08. CUT BACK ON SOME FOODS.** Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream just as occasional treats.
- 09. BE A BETTER COOK.** Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose baked over fried.
- 10. BE ACTIVE WHENEVER YOU CAN SET A GOAL TO FIT IN AT LEAST 2 ½ HOURS OF MODERATE PHYSICAL ACTIVITY IN YOUR WEEK.** Try being active 10 minutes at a time. Grab a friend or family member to keep you company. Do muscle strengthening activities at least twice per week.