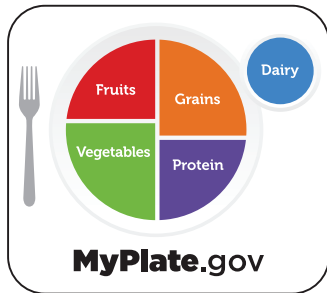


# For Women - Be Your Best You



- Focus on making healthy choices from all five food groups.
- Eat the right amount of calories for you. Go to [MyPlate.gov/myplate-plan](http://MyPlate.gov/myplate-plan) to get your personalized daily meal plan.
- Building a healthy eating style can help you reduce your risk of diseases such as heart disease, diabetes, and cancer.
- Choose water instead of sugary drinks.
- Drink and eat less sodium, saturated fat, and added sugars. Limit sodium to 2,300 milligrams a day, saturated fat to 22 grams a day, and added sugars to 50 grams a day.
- **WIC has nutrition and cooking information on the Internet!** Go to [wichealth.org](http://wichealth.org). Sign up and complete your profile using the Family ID on your WIC Verification of Certification card. Click **Start Lesson** and then choose a lesson. There are a wide variety of lesson topics. Also see **Health eKitchen** for new recipes.



## Daily Food Guide for Women

These are general guidelines for women. Teens and very active women may need additional amounts. Talk with your nutritionist or health care provider for more information about your specific needs.

### Fruits 1½ to 2 cups daily

#### 1 cup fruit equals:

- 1 cup fruit
- ½ cup dried fruit
- 1 cup 100% fruit juice

Make most choices fruit, not juice.



### Vegetables 2½ to 3 cups daily

#### 1 cup vegetables equals:

- 1 cup raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup 100% vegetable juice

Vary your veggies.



### Dairy 3 cups daily

#### 1 cup dairy equals:

- 1 cup milk or yogurt
- 2 slices or 1½ ounces natural cheese
- 1½ slices American deluxe cheese

Switch to fat free or 1% lowfat milk and yogurt.



### Grains 6 to 7 ounces daily

#### 1 ounce grains equals:

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta
- 1 to 1¼ cups ready-to-eat cereal
- 5 whole wheat crackers
- 1 4½-inch pancake
- 1 6-inch tortilla
- ½ hamburger bun or English muffin

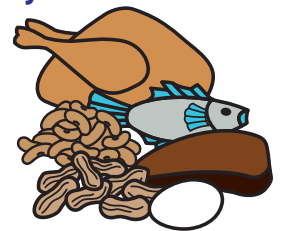


Make half of your grains whole grains.

### Protein 5 to 6½ ounces daily

#### 1 ounce protein equals:

- 1 ounce cooked lean meat, poultry, or fish
- 1 cooked egg
- 1 tablespoon peanut butter
- ¼ cup cooked beans or peas
- ½ ounce nuts or seeds



Choose lean meat and poultry. Vary your choices by eating fish, beans, peas, nuts and seeds.

### Choose Healthy Fats

**UNSATURATED** fats are healthy fats.

**Foods high in unsaturated fats include:**

- vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower
- nuts, nut butters, and seeds
- avocados and olives
- fatty fish such as salmon, canned tuna, mackerel, sardines, and herring



**Limit foods high in SATURATED FATS** such as butter, cream, lard, fatty meats, bacon, sausage, whole milk, cheese, coconut, coconut oil, palm oil, and palm kernel oils.



Florida Department of Health  
WIC Program  
[FloridaWIC.org](http://FloridaWIC.org)  
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## All Women Need Folic Acid

**Folic acid**, also called folate, is a B vitamin that can help prevent some birth defects of the brain and spine and may help prevent heart attacks, strokes, and some cancers. All women who could become pregnant should take a multivitamin containing **400 micrograms of folic acid** daily, in addition to eating a healthy diet with good sources of folic acid.

### Good Sources of Folic Acid

- breakfast cereals fortified with folic acid
- breads, rolls, pasta, rice, grits
- cooked dry beans, peas, lentils
- liver, giblets
- dark green leafy vegetables, such as spinach, collards, turnip greens, bok-choy
- oranges, orange juice, pineapple juice, mangos, papayas, avocados
- asparagus, broccoli, beets, green peas, cauliflower, corn
- peanut butter, nuts, seeds

## All Women Need Calcium

**Calcium** helps keep bones strong. As women get older, their bones may weaken and break easily—a condition called **osteoporosis**. To help keep bones strong, make sure you have 3 cups from the Dairy Group daily and get enough physical activity daily.

### Best Sources of Calcium

- milk, cheese, yogurt, pudding
- calcium-fortified soy milk
- calcium-fortified orange juice

### Fair Sources of Calcium

- canned salmon, sardines with bones
- collards, mustard greens, turnip greens, kale, broccoli
- tofu with added calcium (check food label)

## Physical Activity

• Adults should be physically active for at least 30 minutes most days of the week. About 60 minutes a day may be needed to keep from gaining weight. To lose weight, 60 to 90 minutes a day may be needed.

- Good physical activities include walking, dancing, house/yard work, biking, and swimming.
- Before beginning a physical activity program, check with your health care provider. See your nutritionist or health care provider if you want information about gaining or losing weight.



## Be Wise...Immunize

- Immunizations, or “shots,” are given to protect babies and children against disease.
- Make sure your child gets the right immunizations at the right time.
- Bring your child’s shot record each time you come to the WIC office.

## All Women Need Iron

**Iron** helps build healthy blood. Some women may develop **iron-deficiency anemia** because of pregnancy, heavy monthly menstrual periods, or a diet low in iron. Eat good sources of iron daily.

### Good Sources of Iron

- lean meat, liver
- chicken, turkey
- clams, shrimp, light tuna
- cooked beans, peas, lentils
- WIC cereals and other iron-fortified cereals
- potato with the skin

**Vitamin C** helps your body use the **iron** in grains and vegetables.

**Good Sources of Vitamin C:** fruit juice, vegetable juice, broccoli, grapefruit, kiwi, mangos, melons, oranges, papaya, raw cabbage, strawberries, tomatoes

## Breastfeeding

• Breastfeeding is the normal way to feed your baby and the easiest way to comfort your baby.

• Babies who are formula fed have a higher risk of health problems.

• Give only breastmilk for the first 6 months of life. At 6 months and older, babies should continue to be breastfed, along with giving solid foods, until at least 1 year old.

• In the United States, it is recommended that women with HIV or AIDS not breastfeed, as the virus can be passed to their baby through breastmilk. If you do not know your HIV status, please ask your health care provider for an HIV test.



## Alcohol, Tobacco, and Other Drugs

• **Do not smoke cigarettes.**

• **Do not use street drugs.**

• **If you drink alcoholic beverages, such as wine, beer, or liquor, drink them in moderation and with meals.** Moderation means no more than one drink per day for women. Women who are pregnant (or are trying to become pregnant) should not drink any alcoholic beverages.

• **Second-hand smoke is tobacco smoke in the air.** This smoke is harmful for everyone, especially young children and pregnant women. Babies and children who are around tobacco smoke have more chance of getting colds, coughs, and ear infections.

• **For “stop smoking” information, counseling, and self-help materials, call Tobacco Free Florida** toll-free at 1-877-822-6669 or visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com).

## Gestational Diabetes

You have a greater risk of getting diabetes later in life if you had gestational diabetes during pregnancy. Talk to your health care provider about having another screening test after the baby is born to make sure the diabetes has gone away. Regular screenings can help you to make sure that your blood sugar stays in a normal range.