

Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY CALCIUM GOAL

You need calcium for strong, healthy bones and teeth, and for your heart, muscles, and nerves to work well. Women over age 50 need more calcium than younger adult women since calcium absorption in the body lessens with age.

My goal (e.g., Get calcium with every meal.)

TIPS TO HELP REACH MY GOAL

- Eat cereals with low-fat or fat-free milk for breakfast.
- Drink calcium-fortified orange juice everyday.
- Eat dark-green leafy vegetables such as collards and turnip greens.
- Try low-fat or fat-free yogurt, pudding, or smoothies made with low-fat or fat-free milk as a snack.
 - Check the % Daily Value (DV) on the Nutrition Facts panel of the food label to see if a product is a good source of calcium. Five percent DV or less is low and 20% DV or more is a high source of calcium.

GETTING STARTED

"I never drank much milk because I have trouble tolerating the lactose. Now I buy low-fat lactose-free milk and I add it to breakfast cereals. I also make a yummy fruit smoothie everyday with milk and my favorite fruits. Here's my recipe so you can start getting more calcium too!"

Jean, Chicago, Illinois

**For more information, visit
www.hrsa.gov/womenshealth.**

HEALTHY FRUIT SMOOTHIE

Ingredients:

- $\frac{3}{4}$ cup low-fat or fat-free milk
- $\frac{1}{4}$ cup orange juice (calcium-fortified is even better)
- $\frac{1}{2}$ cup berries or cut up fruit
- 2 ice cubes (If you use frozen fruit, you don't need to add ice cubes.)

Put all ingredients into a blender. Blend until foamy. Serve immediately. Makes one serving. You will love the creamy, sweet taste of this drink.



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MY BRIGHT FUTURE: REACHING MY IRON GOAL

You need iron for healthy blood and to prevent iron deficiency anemia. When eating foods with iron, make sure you also eat vitamin C-rich foods, such as orange juice, red peppers, broccoli, and strawberries, at the same time, so your body absorbs the iron.

My goal (e.g., Eat iron-rich foods every day.)

TIPS TO HELP REACH MY GOAL

- Eat breakfast cereal with added iron.
- Eat a lean beef or turkey sandwich with dark meat for lunch. Remove skin from turkey.
- Eat hearty and tasty bean soups like black bean and lentil soups.
- Make salads with fresh spinach instead of lettuce.
- Eat raw vegetables with a bean dip.

GETTING STARTED

"My family and I have cut back on eating red meat. So I started reading up on how to get enough iron from other foods. I learned that lots of foods contain iron, including fortified cereals; whole wheat bread; beans, like kidney and black beans; and spinach. Now we're enjoying all types of new iron-rich meals and snacks without meat, like this chickpea dip recipe."

Linda, Detroit, Michigan

CHICKPEA DIP

Ingredients:

1 15½ ounce can chickpeas (also known as garbanzo beans), rinsed and drained

2 tablespoons vegetable oil

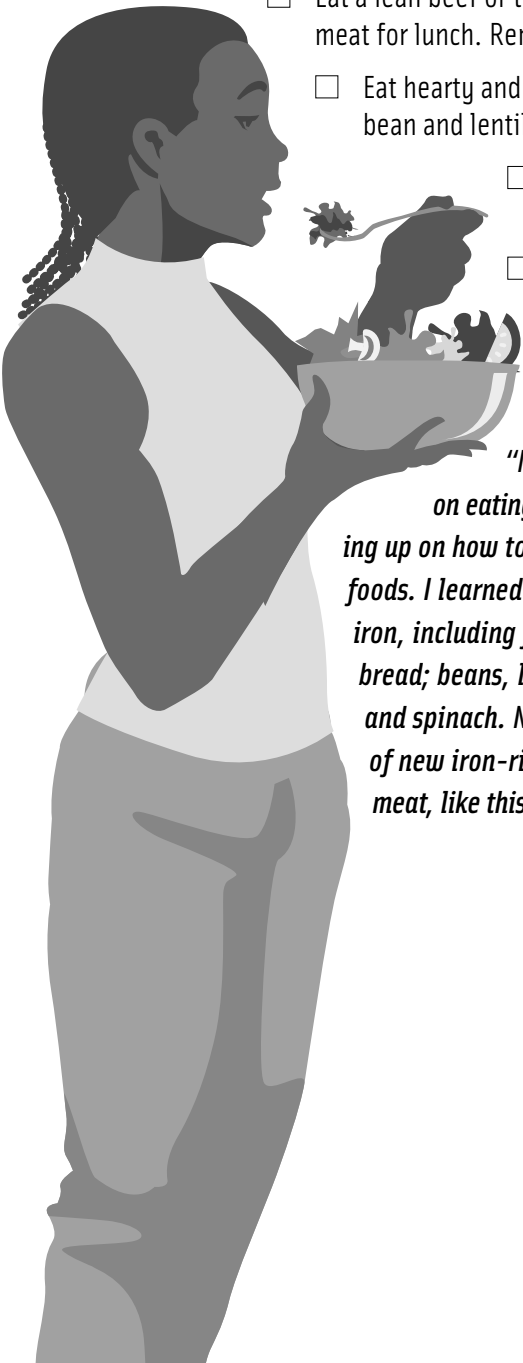
1 tablespoon lemon juice

2 tablespoons onions, chopped

½ teaspoon salt

1. Mash chickpeas in a small bowl until smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions and salt.
4. Serve on pita bread or crackers.

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MY BRIGHT FUTURE: REACHING MY GOAL BY UNDERSTANDING THE NUTRITION FACTS PANEL ON THE FOOD LABEL

The Nutrition Facts panel on the food label can help you make smart food choices by giving you information on serving sizes, calories, and other nutrients.

My goal (e.g., Choose healthier foods by reading food labels and comparing similar foods.)

TIPS TO HELP REACH MY GOAL

- Check the **serving size** and compare this to how much you actually eat.
- The **% Daily Value (DV)** provides a quick method to compare foods for higher or lower amounts of nutrients. For example, 5% DV or less is low and 20% DV or more is high for all nutrients.

GETTING STARTED

"After reading an article about serving sizes, I checked the food label on my favorite snack –peanuts – to see what one serving was. I found out that I was eating 2 servings and getting double the calories and fat. So I stopped eating out of the bag and started pouring one serving in a bowl. Now I'm making better decisions about how much I eat."

Anna, Atlanta, Georgia

The next time you eat your favorite snack, check the food label to see how many servings you're eating. Then write down how much of certain nutrients you're getting from the snack.

Name of your snack: _____

Serving size: _____

Number of servings you eat: _____

Amount of total fat you're getting: _____

Amount of fiber you're getting: _____

Amount of sodium you're getting: _____

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH HEALTHY TIPS FOR EATING OUT

Eating healthy promotes good health, may make you feel energetic, lowers the risk for certain diseases, and helps to control your weight. Here are some tips to help you make healthy choices when you eat out or get take-out food from grocery stores, restaurants, and fast food places.

My goal (e.g., Lose 10 pounds over the next 3 months.)

TIPS TO HELP REACH MY GOAL

- Choose child or regular size portions instead of "super value" or "super size" meals.
- Ask that butter, gravy, and sauces be put on the side so you can choose how much to add to your dish.
- Choose pizza with vegetable toppings instead of sausage, pepperoni, or extra cheese.
- Drink low-fat or fat-free milk, 100% fruit juices, or water in place of soda, sweetened drinks, and milkshakes.

- Have fresh fruit with low-fat or fat-free frozen yogurt for dessert.

GETTING STARTED

"I started eating healthier because I wanted to lose a few pounds. I now order a grilled chicken sandwich with corn on the cob instead of fried chicken when I go out to eat. Not only am I cutting back on calories and fat, but I find this meal surprisingly tasty and satisfying every time."

Toni, Seymour, Indiana

Think about some healthier choices you can make and write them down. Then pick one to try the next time you eat out.

What I eat now:	Healthier choices:
1.	1.
2.	2.
3.	3.



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Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH HEALTHY GROCERY SHOPPING

Eating healthy promotes good health, makes you feel energetic, lowers the risk for certain diseases, and helps to control your weight. Here are some tips to help you make healthy choices when you go grocery shopping.

My goal (e.g., Help lower my risk for heart disease by buying healthier foods.)

TIPS TO HELP REACH MY GOAL

- Think ahead about the meals you plan to make and write a list of what you'll need to buy.
- Go grocery shopping when you're full, not when you're hungry. This will help you stick to your grocery list.
- Plan to buy a variety of foods from each of the food groups.
- Read food labels and buy items that are lower in saturated and trans fat, cholesterol, and sodium.
- Buy fewer items that are high in added sugars such as sweetened drinks (examples: fruit punch, fruitades, and non-diet drinks); canned fruit packed in heavy syrup, and desserts.

GETTING STARTED

"I never used to go food shopping with a list – I just went up and down the supermarket aisles and bought things that looked good or were on sale. But a few months ago, I decided to eat healthier to lower my risk for heart disease.

Now I write a list of foods that I need each week. The list keeps me focused so I buy healthier food for myself and my family.

I've also saved money because I don't buy unnecessary things."

Rita, Houston, Texas

Here's a list of some foods that Rita buys each week. Use it to start your own list and add other healthy foods.

RITA'S SHOPPING LIST

- Whole wheat bread
- Canned peaches packed in water or their own juice
- Green or red bell peppers
- Fat-free milk
- Canned tuna packed in water
- Lean turkey breast
- Dried kidney beans
- Fat-free yogurt

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Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY HEALTHY WEIGHT

A balanced diet and regular physical activity helps you stay at, or reach, a healthy weight.

My goal (e.g., Lose 25 pounds in 6 months by eating healthier and walking 4 times a week.)

TIPS TO HELP REACH MY GOAL

- Eat smaller portions, especially in restaurants since large portions can lead to overeating and weight gain. Share a main dish with a friend or take food home for another meal.
- Eat a small green salad or broth-based soup before the main dish to fill up and eat less.
- Get 60 minutes of moderate-to-vigorous physical activity most days by doing things you enjoy—like walking—to help manage body weight and prevent gradual weight gain.
- Eat a healthy snack like low-fat or fat-free yogurt, fruit, or cereal with low-fat or fat-free milk, if you don't have time for a meal. Skipping meals can lead to overeating later in the day.
 - Aim for a healthy weight loss of 1 pound per week when trying to lose weight.

**For more information, visit
www.hrsa.gov/womenshealth.**

GETTING STARTED

"In the last year, I gained 25 pounds. I knew the extra weight was unhealthy, and I was unhappy that I couldn't fit into my favorite clothes. So I started walking 3 days a week with a friend. I've also been dancing with my kids at home - great exercise for all of us. So far I've lost 20 pounds - I feel more energetic and can fit into many of my clothes again."

Mary, Jackson, Mississippi

Here are some ways you can play actively with your children or grandchildren. Think about some others and try them.

- Dancing
- Jumping Rope
- Playing Tag
- Other _____

After playing together, share a healthy snack or drink, like an apple or low-fat milk.



Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH DAILY PHYSICAL ACTIVITY

Regular physical activity is important for your health. It can make you feel energetic, help to beat stress and the blues, lower the risk of many diseases, and help you get in shape.

My goal (e.g., Take a 30-minute walk with a friend 5 days a week.)

TIPS TO HELP REACH MY GOAL

- Take the stairs instead of the elevator or escalator in office buildings.
- Stretch or lift hand weights while watching television at home. Use cans of soup or beans as hand weights.
- Play actively with your children or grandchildren. Join in on a game of tag, catch, or basketball.
- When catching the bus, walk to a further bus stop or get off one stop earlier.
- Sign up for an activity class like aerobics, martial arts, or dance at your local recreation center. Classes are fun, interesting – and many are low-cost.

GETTING STARTED

"I'm trying to get 10 minutes of physical activity every morning, afternoon, and evening. Here's one exercise that I recommend to friends. I do this when I'm cooking dinner.

Do a standing push-up while you wait for a pot to boil. Pick a kitchen counter that is away from the stove. Stand about an arm's length away from the counter. Put your arms straight out and touch the counter. Push in and out against the counter to exercise your arms and shoulders."

Sheila, Baltimore, Maryland

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Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH PHYSICAL ACTIVITY—GETTING STARTED

Moderate physical activity for at least 30 minutes most days of the week, can give you many health benefits, including lowering the risk of certain diseases. The good news is being physically active doesn't have to be expensive or take too much time. With the proper gear and know-how, you can easily start a safe and enjoyable physical activity routine to help you reach your goal.

My goal (e.g., Take a 15-minute walk before work, 3 times a week.)

TIPS TO HELP REACH MY GOAL

- Wear supportive shoes. A pair with good cushioning, ankle and arch support will help prevent injury while you are doing physical activities.
- Dress appropriately. In general, it is best to wear loose fitting clothing that allows you to move comfortably and freely.
 - Find an exercise buddy. It's fun to exercise with friends, and they can be there to lend a hand if you need help.

- Start slow, and build up your efforts gradually. For example, as walking around the neighborhood for 15 minutes becomes easier, you can add a few minutes to your walk, or walk faster.

GETTING STARTED

"My friend went to the doctor recently for a broken wrist, and she found out that her bones were fragile because of osteoporosis (bone loss). I don't want that to happen to me so I started lifting weights because I know this builds strong bones. To save money, I lift soup cans and plastic milk jugs filled with water, and I'm feeling stronger and healthier."

Janine, Belleview, Florida

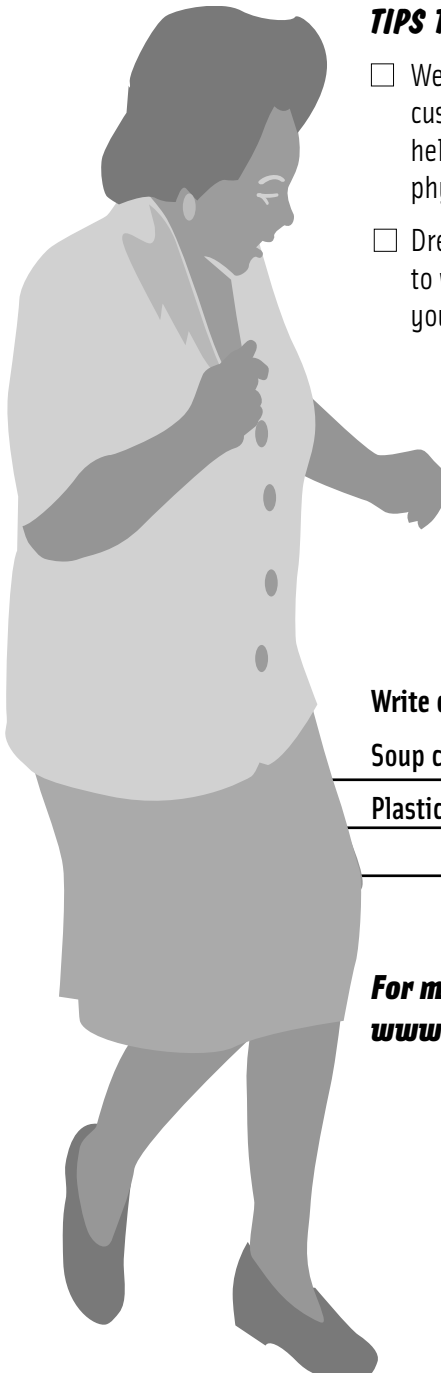
Write down some items you have in your home that you could use as weights.

Soup cans

Plastic milk jugs

_____	_____	_____
_____	_____	_____
_____	_____	_____

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Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH PHYSICAL ACTIVITY (FOR WOMEN WITH PHYSICAL DISABILITIES)

Physical activity can help women with physical disabilities gain independence, strengthen underused muscle groups, and improve overall health. If you have a physical disability, there are many options for adding physical activity in your daily life. The key is not to focus on what you can't do, but what you can do. (*Check with your doctor before starting a new physical activity).

My goal (e.g., Do a physical activity 3 days a week.)

TIPS TO HELP REACH MY GOAL

- Try a hand cycle if you are unable to ride a bicycle because of limited movement in your legs. Hand cycles allow you to sit closer to the ground and use your arms to work a hand crank in the same way bicyclists use their legs on pedals.
- Use weighted wrist cuffs to strengthen the muscles in your arms.
- Go on walks with a family member or friend if you have limited vision. Hold the guide's hand or elbow, or use a short rope or shoe lace that you both hold.
- Swimming and chair exercises are good ways to get aerobic activity.



GETTING STARTED

"Playing soccer with my children is one of my favorite things to do on the weekends. Because I use a wheelchair, I hold the ball in my lap and use my arms a lot to pass the ball back and forth. My doctor told me it was important to stretch my arms before playing so I warm up my muscles and prevent them from getting hurt. Here's one stretch I do.

Reach out so both arms are in front of you, with your palms facing down. Slowly bend both wrists up so that your fingers point to the sky, and hold for 5 seconds. Then bend your wrists down so your fingers point to the floor, and hold again. Do this 10-12 times."

Denise, Clarksville, Tennessee

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www.hrsa.gov/womenshealth.***



Bright Futures for Women's Health and Wellness

MY BRIGHT FUTURE: REACHING MY GOAL WITH WALKING

Walking is easy, fun, and free! It also has many health benefits. Regular, brisk walking can help you to lower the risk of heart disease and stroke, manage your weight, and feel energetic. Here are some tips for starting a walking program.

My goal (e.g., Walk for 30 minutes, 5 days a week.)

TIPS TO HELP REACH MY GOAL

Aim to walk for 30 minutes, 5 days a week. You can break this up during the day, at times that work best for your schedule.

- Think about safety. Walk with a buddy, if you can, and choose a walking route that's in a safe, familiar area.
- Wear supportive shoes with good cushioning, ankle and arch support.
- Walk with your head up and your back straight. Bend your elbows as you swing your arms, and take long, easy strides.

- Work up to brisk walking. Your heart will beat faster than normal, and you'll breathe deeply but will still be able to carry on a conversation.

GETTING STARTED

"I haven't exercised in a long time, so I chose walking to help me reach my health goals because it's easy to do. I came up with this 8-week plan to help me build up to walking for 30 minutes at a time. I'm on my fourth week, and I'm already able to walk faster and longer than I thought I could!"

Nadia, Omaha, Nebraska

Sample Walking Program

Week	1	2	3	4	5	6	7	8
Warm up:								
Walk slowly	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.
Activity:								
Walk briskly	5 min.	7 min.	9 min.	11 min.	13 min.	15 min.	18 min.	20 min.
Cool down:								
Walk slowly	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.	5 min.
Total time	15 min.	17 min.	19 min.	21 min.	23 min.	25 min.	28 min.	30 min.

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