

## 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 calcium-fortified cereal with low-fat or fat-free milk for breakfast.
- ◆ Drink calcium-fortified orange juice.
- ◆ Eat foods that contain calcium like canned salmon with the bones, collard or turnip greens, spinach and soybeans or white beans.
- ◆ Try low-fat or fat-free yogurt 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, Denton, Georgia

### Healthy Fruit Smoothie (1 serving)

#### Ingredients:

¾ cup low-fat or fat-free milk (or calcium-fortified soy or rice "milk")

¼ cup 100% orange juice (calcium-fortified is even better)

½ cup berries or cut up fresh, frozen or canned fruit (drained if canned, rinsed if in syrup)

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. You will love the creamy, sweet taste of this drink.

For more information, visit [www.hrsa.gov/womenshealth](http://www.hrsa.gov/womenshealth)



# Bright Futures for Women's Health and Wellness

## *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 foods rich in vitamin C, such as orange juice, red peppers, broccoli, and strawberries, at the same time so your body absorbs more iron. Adult females need 18mg of iron per day.

**My goal:** \_\_\_\_\_  
(e.g., Eat iron-rich foods every day.)

### Tips to Help Reach My Goal

- ◆ Eat iron-fortified breakfast cereal.
- ◆ Eat a lean beef or skinless turkey meat sandwich for lunch.
- ◆ Eat hearty and tasty bean soups like black bean soup.
- ◆ Make salads with fresh spinach instead of lettuce.
- ◆ Eat raw vegetables with low-fat ranch or bean dip.
- ◆ Cook in a cast iron pan.

### Getting Started

*When I went on a low calorie diet to lose weight, I stopped eating red meat and beans. After a month or so I started feeling tired and sluggish, and my health care team said I needed to get more iron in my meals. So I found recipes like this salad that include iron-rich foods and foods that help me absorb the iron."*

*Susan, Alpine, Texas*

#### **Spicy Flank Steak Salad (4 servings)**

##### **Mix together in a large bowl:**

- 1 lb. lean broiled flank steak (seasoned with 1 tablespoon chili powder before cooking), sliced thinly
- 4 cups fresh spinach
- 4 cups salad greens or lettuce
- 4 cups red bell pepper slices
- 1 16 oz. can black beans (rinse off the bean liquid and dry beans in a towel)

##### **Add dressing and toss:**

- 1 cup orange juice boiled down to ¼ cup
- 1 ½ tablespoons lemon juice
- 1 tablespoon salad oil (olive or canola work well)
- 1 teaspoon chipotle or other chili powder, or to taste
- ½ teaspoon ground black pepper

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# Bright Futures for Women's Health and Wellness

## My Bright Future: Reaching My Goal By Understanding the Nutrition Facts Label

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

### My goal:

(e.g., Choose healthier snacks by reading food labels and finding snacks lowest in saturated and trans fats, sodium, and added sugars.)

### Tips to Help Reach My Goal

- ♦ Use a measuring cup to measure out the serving size of a product when you can.
- ♦ Use the % Daily Value (DV) as 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.
- ♦ Use the food label to help you reduce the amount of a nutrient you want to limit. For instance, compare the fat grams found in two of your favorite snack foods you eat each day for a week.

### Cereal Label

Nutrition Facts	
Serving Size	1 cup (53g/1.9 oz.)
Servings Per Container	About 8
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 25
% Daily Value**	
<b>Total Fat</b> 3g*	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>9%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Soluble Fiber 3g	
Insoluble Fiber 5g	
Sugars 13g	
<b>Protein</b> 9g	<b>14%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
Phosphorus 10%	Magnesium 10%
Copper 8%	
* Amount in Cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.	
** 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
Potassium	3,500mg    3,500mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Protein	50g    65g
Calories per gram:	
Fat 9	Carbohydrate 4    Protein 4

### 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."*

—Dana, Renna, West Virginia

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.

1. Name of your snack: \_\_\_\_\_
2. Serving size: \_\_\_\_\_
3. Number of servings you eat: \_\_\_\_\_
4. Amount of total fat you're getting: \_\_\_\_\_
5. Amount of saturated fat and *trans* fat you're getting: \_\_\_\_\_
6. Amount of fiber you're getting: \_\_\_\_\_
7. Amount of sodium you're getting: \_\_\_\_\_

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# Bright Futures for Women's Health and Wellness

## *My Bright Future: Reaching My Goal With Healthy Tips for Eating Out*

**My goal:** \_\_\_\_\_  
(e.g., Try to have one vegetable and one whole grain in my meals when I eat out.)

### Tips to Help Reach My Goal

- ♦ Choose child or regular size portions instead of "super value" or "super size" meals.
- ♦ Order meats and fish broiled or grilled without added butter.
- ♦ Ask that butter, gravy, salad dressings, 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 milk shakes.
- ♦ 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 this meal is tasty and satisfying."*

—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:**  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**Healthier choices:**  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

## Bright Futures for Women's Health and Wellness

# My Bright Future: Reaching My Goal With Healthy Grocery Shopping

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

My goal: \_\_\_\_\_

(e.g., Buy foods from each food group each time I shop to get more nutrients for my calories.)

### 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.
- ◆ Choose a variety of foods from all of the different food groups.
- ◆ Go grocery shopping when you're full, not when you're hungry. This will help you stick to your grocery list.
- ◆ Read food labels. Buy products lower in saturated and *trans* fat, cholesterol, and sodium.
- ◆ Buy fewer items that are high in added sugars such as sweetened drinks. Buy 100% fruit juice instead of fruit punch, fruitades, and sugar-sweetened drinks, and canned fruit packed in heavy syrup.

### Getting Started

*"I never used to go food shopping with a list – I just 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 plan meals to include foods from all the food groups, and I write a list of foods that I'll need. The list keeps me focused, and reading labels helps me decide between products based on their fat and nutrient values. Shopping really is the first step to healthy eating, because what's on hand is what we eat."*

—Laurie, Atwood, Kansas

Here's a list of some foods that Laurie bought last week. Use it to start your own list and add other healthy foods.

### Laurie's Shopping List

- |  |   |
|--|---|
| <input type="checkbox"/> Whole wheat bread                                 | <input type="checkbox"/> Lean turkey breast |
| <input type="checkbox"/> Canned peaches packed in water or their own juice | <input type="checkbox"/> Fat-free milk      |
| <input type="checkbox"/> Green and red bell peppers                        | <input type="checkbox"/> Fat-free yogurt    |
| <input type="checkbox"/> Canned tuna packed in water                       | <input type="checkbox"/> Dried kidney beans |

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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 help you stay at, or reach, a healthy weight.

**My goal:** \_\_\_\_\_  
(e.g., Lose 25 pounds in 6 months by eating healthier and being physically active each day.)

### 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 with low-fat or fat-free dressing or broth-based soup before the main dish to fill up and eat less.
- ◆ Get 60 minutes a day of moderate-to-vigorous physical activity to help manage body weight.
- ◆ Eat a healthy snack like low-fat or fat-free yogurt, fruit, or whole grain 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 1-2 pounds per week when trying to lose weight.

### 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. I checked with my doctor, and so I started walking 3 days a week for 60 minutes with the whole family. 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, Finley, Oklahoma

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

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Taking hikes or walks together | <input type="checkbox"/> Dancing            | <input type="checkbox"/> Jumping rope |
| <input type="checkbox"/> Tennis or volleyball           | <input type="checkbox"/> Playing basketball | <input type="checkbox"/> Playing tag  |
| <input type="checkbox"/> Swimming                       | <input type="checkbox"/> Riding horses      | <input type="checkbox"/> Other _____  |

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

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# Bright Futures for Women's Health and Wellness

## ***My Bright Future: Reaching My Goal With Daily Physical Activity***

Getting at least 30 minutes of physical activity most of the days of the week is important for your health. It helps you feel energetic, beat stress and the blues, lower the risk of many diseases, and get in shape.

**My goal:** \_\_\_\_\_  
(e.g., Engage in at least 30 minutes of moderate-intensity physical activity most days of the week.)

### **Tips to Help Reach My Goal**

- ◆ Check with your health care provider before starting any new exercise plan.
- ◆ Find out how you can be physically active in your area. Many rural communities are starting to form walking clubs or making their own walking trails. While your town might not have a health club, a faith-based organization or the Extension Service may offer exercise classes, or a local hospital may have fitness machines you can use. A school track can be a safe place to walk or jog. Walking with a friend can be safer and more fun.
- ◆ Stretch, lift hand weights, or run/walk in place 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.
- ◆ Work actively around the house, farm/ranch, or garden.
- ◆ Work out at home with exercise videos that lead you through aerobics and strength/toning moves.

### **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."*

— Meg, Keystone, Wyoming

### **Standing Push-Ups**

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. Do this 10 -12 times.

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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 or at lunch time, three times a week.)

### Tips to Help Reach My Goal

- ◆ Check with your health care team before starting any new exercise plan.
- ◆ Wear supportive shoes. A pair with good cushioning, ankle and arch support will help prevent injury while you are doing physical activities.
- ◆ Dress appropriately. It is best to wear loose fitting clothing so you can move comfortably and freely.
- ◆ Find an exercise buddy. It's fun to exercise with friends, and they can lend a hand if you need help.
- ◆ Start slow and build up your efforts gradually. For example, as walking for 15 minutes becomes easier, you can add a few minutes to your walk or walk faster.

### Getting Started

*"My friend went to her health care team 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 walking 3 days a week to help build muscle and stronger bones. As I felt stronger, I began using soup cans as hand weights while I walked. Now I walk about 2 miles with the weights almost every day."*

— Janine, Belleview, Florida

**Write down two starting goals for physical activities you will try. Then write down how you'll increase your efforts over time as you get stronger.**

Starting Goal

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Increasing My Efforts

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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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.

**My goal:** \_\_\_\_\_  
(e.g., Be physically active for 30 minutes 5 days a week.)

### Tips to Help Reach My Goal

- ◆ Check with your health care team before starting a new physical activity.
- ◆ 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 health care team told me it was important to stretch my arms before playing to prevent them from getting hurt. Here's one stretch I do."*

— Denise, Clarksville, Tennessee

### Stretch for Wrists and Forearms

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.

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# 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 30-60 minutes, most days of the week.)

### Tips to Help Reach My Goal

- ◆ Aim to walk for 30-60 minutes, most days of the week. You can break this up during the day, at times that work best for your schedule.
- ◆ Think about safety. Walk with a buddy. Choose a route that's in a safe, familiar area. A school track may be a good choice if roads near you aren't good for walking.
- ◆ When possible and safe, walk to your destination instead of driving.
- ◆ 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.
- ◆ Try combining 30 minutes of walking with 30 minutes of dancing.

### Getting Started

*"I hadn't exercised in a long time, so I checked with my doctor, and I chose walking to help me reach my health goals because it's easy to do. I'm on my fourth week, and I'm already able to walk faster and longer than I thought I could!"*

— Nadia, Galeton, Pennsylvania

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