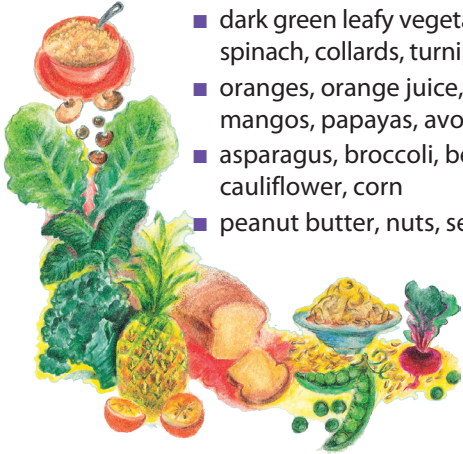


## All Women Need Folic Acid

**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



## Gestational Diabetes

You have a greater risk of getting diabetes later in life if you had gestational diabetes during pregnancy. Talk to your doctor 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.

## 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.

# For Women Only

## 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

## 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.

### Reminder:

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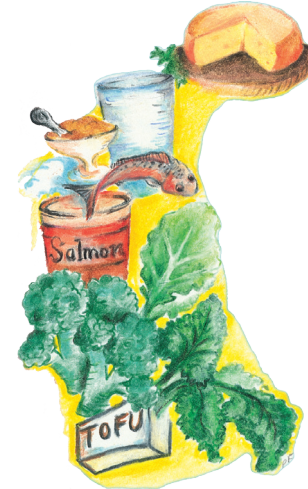
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## All Women Need Calcium

**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)

## 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 [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).

### Florida Department of Health WIC Program

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[www.FloridaWIC.org](http://www.FloridaWIC.org) DH 150-355, 1/16 Q4.18

# Daily Food Guide for Women

How much do you need each day from each food group?

## Protein Foods

Total of about 5½ ounces each day

1 ounce equals:

- 1 oz cooked meat, poultry, or fish
- ¼ cup cooked beans or tofu
- 1 egg
- 1 tablespoon peanut butter
- ½ oz nuts or seeds



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

## Dairy

Total of about 3 cups each day

1 cup equals:

- 1 cup (8 oz) milk or yogurt
- 1½ oz natural cheese
- 2 oz processed cheese



Switch to fat free or lowfat (1%) milk.

## Fruits

Total of about 2 cups each day

1 cup equals:

- 1 cup fruit
- 1 cup fruit juice
- ½ cup dried fruit



Make most choices fruit, not juice.

## Fluids

Drink water to quench thirst.

Add a slice of lemon or lime for flavor.

Drink coffee and tea in moderation.

Avoid sugary drinks.

## Vegetables

Total of about 2½ cups each day

1 cup equals:

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



## Grains

Total of about 6 ounces each day

1 ounce equals:

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta
- 1 cup (1 oz) dry cereal
- 5 to 6 whole grain crackers
- 1 4-inch waffle or pancake
- 1 6-inch tortilla
- ½ hamburger bun, roll, or 3-inch bagel



Make at least half your grains whole grains.

## Oils

Total of about 6 teaspoons each day

One teaspoon (5 grams) oil equals:

- 1 teaspoon liquid vegetable oil
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons light salad dressing
- 1 teaspoon margarine with zero trans fat



Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these ingredients.

## Extras

Make choices that are low in "extras." Extras are added sugars and solid fats in foods like sugary drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no-added-sugars. They have fewer "extras."



## Eat Fish, Choose Wisely

Women should eat 2 to 3 servings a week of a variety of fish and shellfish that are lower in mercury and higher in omega-3 fatty acids. The serving size is 4 ounces which is about the size of the palm of your hand.

Some fish low in mercury and higher in omega-3 fatty acids are:

salmon, freshwater trout, Atlantic and Pacific mackerel, oysters, anchovies, sardines, herring, whitefish, and shad. Other commonly eaten fish that are low in mercury are: canned light tuna, catfish (farm-raised), pollock, scallops, shrimp, and tilapia.

Due to their mercury content, do not eat the following:

Shark, King Mackerel, Swordfish, Tilefish, Orange Roughy, Bigeye Tuna, Blackfin Tuna, Little Tunny, Cobia, and Marlin.

If you eat fish caught by family or friends, check for local or state fish advisories. In Florida, some of the fish advisories say do not eat

OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.

## Breastfeeding

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

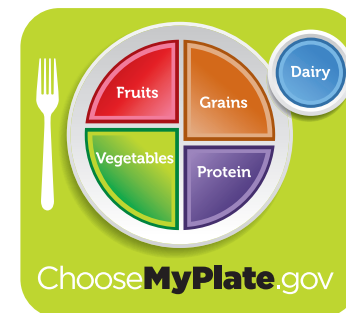
♥ Babies who are formula fed have a higher risk of health problems.

♥ 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.



- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with less sodium.



Go to [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information about healthy eating, meal planning, food safety, and physical activity.