

MAY 8, 2024

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



NATIONAL WOMEN'S HEALTH WEEK

Next week (5/12-5/18) is National Women's Health Week! As women, it's a perfect time to think about how what we eat affects our health. We all know life can get busy, but taking a moment to focus on healthy eating habits can make a big difference, especially for women. Additionally, studies show that when a woman eats healthy, everyone in her household is more likely to eat healthy!

According to www.WomensHealth.gov, "Healthy eating is a way of eating that improves your health and helps prevent disease. It means choosing different types of healthy food from all of the food groups (fruits, vegetables, grains, dairy, and proteins), most of the time, in the correct amounts for you. Healthy eating also means not eating a lot of foods with added sugar, sodium (salt), and saturated and trans fats."

www.MyPlate.gov is a great resource to help you build a healthy diet according to your age and stage of life. You can customize MyPlate to fit your dietary needs, preferences, cultural traditions, and budget – so you can enjoy your favorite recipes and eat the healthy foods you love.

Here are some tips to improve your daily eating habits:

- Unfortunately, most women do not get enough fruits and veggies. Try to fill about half of your plate with fruits or vegetables at meals. Select whole fruits (not juice) and try different types of vegetables during the week.
- Eat different types of foods with protein, including seafood, lean meats, poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products. Try to avoid fatty or red meats, which can contribute to heart disease and other chronic diseases.
- Make at least half your grains whole grains, such as brown rice, whole-wheat pasta, or whole-wheat bread. If you only have access to refined grains (i.e. white bread, crackers, or rice), make sure it's enriched. This means that vitamins and minerals were added back into the food during processing.
- Women should get 3 cups of dairy every day. If you can't drink milk, try to eat low-fat plain yogurt or low-fat cheese. Dairy products are among the best food sources of the mineral calcium, but some vegetables such as kale and broccoli also have calcium, as do some fortified foods such as fortified soymilk, fortified cereals, and many fruit juices. Most girls ages 9 to 18 and women older than 50 need more calcium for good bone health.
- Oils provide essential fatty acids and vitamin E. When cooking try to use oils from plants (i.e. canola, corn, and olive oil) instead of solid fats (i.e. butter, margarine, or coconut oil).

Food and drink choices you make every day affect your health now and later in life. Choosing healthy foods and drinks more often can help prevent or manage many health problems that affect women. To learn more, visit <https://www.womenshealth.gov/healthy-eating>.