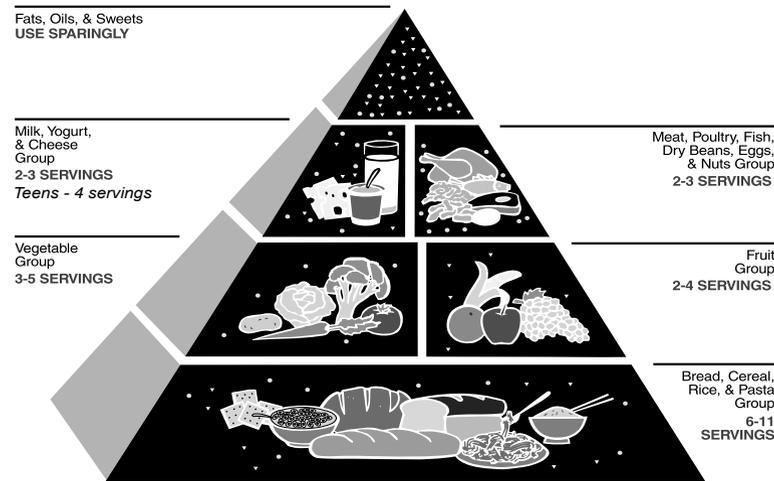


## Foods for Every Day

A healthy life starts with a good diet. To get and keep your body in shape, it is important to eat a variety of foods every day. Building your body up with nutrients now, can help prevent problems later.

## Your Guide to Good Nutrition

Use the Food Guide Pyramid to help you eat better every day.



SOURCE: US Department of Agriculture / US Department of Health and Human Services

## What Counts as One Serving?

### Bread, Cereal, Rice, & Pasta Group

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup of cooked cereal, rice, or pasta

### Vegetable Group

- 1 cup of raw leafy vegetables
- 1/2 cup of other vegetables, cooked, chopped or raw

### Fruit Group

- 1/2 cup of cooked, canned, or chopped fruit
- 1 medium fresh fruit
- 3/4 cup of fruit juice

### Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- 2-3 ounces of cooked lean meat, poultry or fish
- 1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter

### Milk, Yogurt, & Cheese Group

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese

## Need To Lose Weight?

- Keep fresh fruit and vegetables on hand for easy snacking.
- Cut down on fried foods. Instead, try roasting, grilling, baking or broiling.
- Limit alcohol and foods high in sugar and fat. These foods provide a lot of calories with little nutritional value.
- Try fat-free or low-fat milk.
- Drink plenty of water.



## Need To Gain Weight?

- Increase the number and size of your servings from the Food Guide Pyramid.
- Remember to eat at least three meals a day.
- Eat snacks between meals.
- Put extra slices of ham and cheese on sandwiches for lunch.
- Drink plenty of juice and milk during the day.

## Plan Ahead

All women of childbearing age should eat foods rich in iron. This will help your body prepare for a healthy pregnancy. Fish, liver, lean red meat, dried beans, and whole grains are good sources of iron.

You should also try to get 400 micrograms of folic acid each day. This will help prevent birth defects of the brain and spine. The best way to get enough folic acid is to take a multi-vitamin and eat a healthy diet.

## Diet and Birth Control

The method of birth control used is up to you. If you choose Depo-Provera, the Pill, or the IUD, your body will have certain food needs. You will want to pay closer attention to the food you eat.

### If You Choose Depo-Provera

There is a slight chance that Depo-Provera may cause a thinning of the bones. You will want to get more calcium in your diet to keep your bones strong.

### If You Choose The Pill

Your body now has an increased need for vitamin C, folic acid, and vitamin B6. Be sure to eat foods high in these sources every day.

### If You Choose The IUD

Bleeding may be heavier during your period. Blood contains iron. This increases your need for iron. Vitamin C helps your body use iron. If you use the IUD, include foods rich in iron and foods rich in vitamin C in your daily diet.

## Special Food Needs and Birth Control

Your body has special food needs when using birth control. Use the chart below to help you pick the best food sources in your diet. Be sure to try to eat several servings of the foods you need each day.

Special Nutritional Needs	The Pill	Depo-Provera	IUD
<b>Vitamin C</b> - orange, grapefruit - red bell pepper - strawberries, kiwi fruit - broccoli	✓		✓
<b>Vitamin B<sub>6</sub></b> - lean meats, poultry, fish - bananas, watermelon - potatoes - white rice	✓		
<b>Folate/ Folic Acid</b> - raw spinach - dried beans - instant oatmeal - fortified cereals	✓		
<b>Iron</b> - lean red meat - dried beans - whole grains			✓
<b>Calcium</b> - milk - yogurt - cheese - tofu		✓	

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# Nutrition & Today's Female



South Carolina Department of Health  
and Environmental Control

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