



Here are some ways to stay healthy **EVERY DAY**:

Exercise - 30 minutes daily

Vitamin - 400 micrograms of folic acid daily

Educate yourself about medicines and toxins that can cause birth defects

Reproductive life planning

Yearly doctor visits to discuss physical and mental wellness

Diet - vegetables, fruits and whole grains daily

Avoid tobacco, drugs and alcohol

Your partner, friends, and family should be sources of support



www.everywomancalifornia.org

Guide to Healthier Eating

Your health is affected by what you eat. A healthy diet helps you reach a healthy weight and helps you get all the nutrients your body needs. A healthy diet now is also important in case you get pregnant in the future. It will help you to have a healthier pregnancy. Here are some tips for healthier eating:

- **Vary your veggies.** Fill half of your plate with vegetables. Eat many different kinds of vegetables.
- **Focus on fruits:** Choose whole, canned, or frozen fruits instead of fruit juices.
- **Choose calcium-rich foods.** Choose low-fat or fat-free milk, low-fat yogurt and/or low-fat cheese.
- **Eat whole grains.** Choose whole-grain cereals, breads, crackers, rice, or pasta. Make sure that grains such as wheat, rice, oats, or corn are listed as "whole" at the beginning of the ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Also eat more fish, beans, peas, nuts, and seeds.
- **Limit fats.** Read the Nutrition Facts label on foods. Choose foods with less than 30 percent of the calories from fat. Limit sweet rolls, cookies, cakes, and pies.
- **Limit sugars.** Drink plenty of water instead of sweetened drinks. Fruit drinks and regular soft drinks are high in sugar and can leave you with a sugar crash.
- **Limit fast food.** If you do have fast foods sometimes, choose foods that are grilled instead of fried. Have a salad, soup, or fruit instead of fries. Order smaller entrée portions. For example, instead of a large sub, try a small sub with a side salad or fruit.

Learn more at <http://mypyramid.gov>.