

WOMAN Challenge

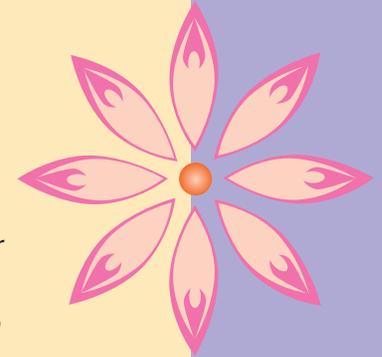
Women and girls **O**ut **M**oving **A**cross the **N**ation

Sponsored by: Office on Women's Health, U.S. Department of Health and Human Services



Participant Tracking Log

Participant Physical Activity Tracking Log



What do I do?

- 1** At the end of each day, record the number of minutes you were physically active or your pedometer reading (in steps) in the calendar.
- 2** Log on to the WOMAN Challenge website (womenshealth.gov/woman) to submit your daily physical activity. Write your log-in information here for safekeeping:

E-mail address

Password
- 3** Get moving each day to reach your goal and advance along your virtual route.
- 4** Receive motivational emails, useful health information, and regular progress reports when you record your activity on the interactive website.



Meeting your goal

When setting your goals, it is important to consider your current level of physical activity, as well as any mobility impairments that you may have. Set goals that challenge you physically, but are achievable and realistic for you based on your lifestyle.

If you meet your goals, you will complete your virtual route by the end of the challenge.

Traveling your virtual route



If you are participating as part of a team, your movement along the virtual route is based on whether or not all of your teammates achieve their own weekly physical activity goals.



If you are participating as an individual, your movement along the virtual route is based on whether or not you meet your individualized weekly goals.

Invite others

List three people you think would enjoy and benefit from the WOMAN Challenge.

Tell them about the Challenge and invite them to join!

MAY

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
11 <i>Mother's Day</i>	12 <i>National Women's Check-Up Day</i>	13	14	15	16	17
← NATIONAL WOMEN'S HEALTH WEEK →						
18 <i>Don't forget to do your Bonus Challenge this week!</i>	19	20	21	22	23	24
25	26 <i>Memorial Day</i>	27	28	29	30	31

JUNE

1 <i>Don't forget to do your Bonus Challenge this week!</i>	2	3	4	5	6	7
8	9	10	11	12	13	14
15 <i>Father's Day</i> <i>Don't forget to do your Bonus Challenge this week!</i>	16	17	18	19	20	21
22	23	24	25	26	27	28

JULY

29 <i>Don't forget to do your Bonus Challenge this week!</i>	30	1	2	3	4 <i>Independence Day</i>	5 <i>Congratulations! You've reached the last day of the WOMAN Challenge!</i>
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JULY 2008

Welcome! We've created this extended tracking log to allow you to continue recording your physical activity. It is full of health information and tips to help you maintain your new healthy lifestyle! We encourage you to track your activity throughout the remaining months of the year (until the 2009 WOMAN Challenge!) and hope you find the information and tips useful. Enjoy!
— The WOMAN Challenge Team

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p>Research shows that women can lower their risk of heart disease by as much as 82 percent simply by leading a healthy lifestyle.</p>	1	2	3	4 <i>Independence Day</i>	5
<p>← LAST WEEK OF WOMAN CHALLENGE →</p>						
6	7	8	9	10	11	12
<p>Pay attention to why and when you avoid physical activity. List some ways you can overcome these personal barriers.</p>			<p>Change one behavior at a time. Remember that replacing unhealthy behaviors with healthy ones requires time and patience, and can be hard work. Start small and focus on changing one behavior at a time.</p>			<p>If you have children or grandchildren, set a good example and make time to play with them outside.</p>
13	14	15	16	17	18	19
	<p>Eating out, eating healthy. Box up a portion of your meal and take it home.</p>					 <p>One serving of fruit is about the size of a baseball.</p>
20	21	22	23	24	25	26
			<p>Understanding Nutrients: Potassium may help you maintain a healthy blood pressure, plus it's good for preventing muscle cramps. Sweet and white potatoes, tomato paste or puree, beet greens, white and lima beans, cooked greens, carrot juice, prune juice, and bananas are good sources of potassium.</p>			
27	28	29	30	31		
<p>When you travel pack foods that are hard to find on the road, such as fruits, vegetables, small portions of nuts and seeds, and water.</p>					<p>What's In Season? Produce available in the summer: VEGETABLES – onions, potatoes; eggplant, garlic, okra, squash, black-eyed peas, lettuce, rhubarb FRUITS – red grapes, raspberries, Valencia oranges, apples, watermelon, papaya, kiwi, mango, figs</p>	

Do a simple online search of "What's In Season" in your area to find out more specifically what produce is fresh and available. You can even find places to pick and garden your own foods!

AUGUST

2008

What's in season? Seasonal produce available in the summer:
VEGETABLES – green beans, tomatoes, radishes, zucchini, peppers, corn, cucumbers, spinach, sweet potatoes.
FRUITS – blueberries, strawberries, cherries, melons, nectarines, peaches, pears, plums, pineapple

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Portion control! Keep track of your portions with a food diary. Write down when, what, how much, where, and why you eat. You can become aware of the times and reasons you tend to eat too much. This will help you to make different and healthier choices in the future.</p>			<p>Stress eating. If your food diary reveals that you eat chips or candy when you are tired or stressed consider preventing your stress-eating and remove these foods from your pantry. If it reveals you eat even when you're not hungry drink water or tea (without sugar) or try doing something with your hands – knit, play cards, draw, write a letter or email.</p>		1	2
 <p>3</p> <p>One serving of low-fat or fat-free cheese is 4 stacked dice.</p>	4	5	6	7	8	9
<p>← WORLD BREASTFEEDING WEEK →</p>						
10	11	12	13	14	15	16
	<p>The Fruit and Vegetable Groups give you vitamins A and C, folic acid, fiber, and minerals such as potassium and iron. It's recommended you eat 5 servings (about 5 cups) of fruits and veggies every day.*</p>					
17	18	19	20	21	22	23
<p>Get moving! Set time aside to be active. If you make it part of your daily routine, you may not think twice about doing it.</p>					<p>Eat your meals at regular intervals and try to balance meals throughout the day. If you know you will be having a large or higher fat dinner, make lower fat choices earlier in the day.</p>	
24	25	26	27	28	29	30
		<p>Women's Equality Day</p>				
31						

*How much is a cup? You'll find more examples of "what counts as a cup" here: <http://www.fruitsandveggiesmatter.gov/what/examples.html>.

SEPTEMBER

2008

Fruits and Veggies – More Matters Month
 National Cholesterol Education Month
 Ovarian Cancer Awareness Month
 Whole Grains Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 <i>Labor Day</i>	2	3	4	5	6 <i>Most fruits and veggies are naturally low in fat and calories. Substitute other foods with fruits and veggies. You'll eat same amount of food with fewer calories.</i>
7	8 <i>High-density lipoprotein (HDL) or "Good" cholesterol helps remove cholesterol from the blood. A higher level is better: levels of 60 mg/dL or more help to lower your risk for heart disease.</i>	9	10	11 <i>Patriot Day</i>	12 <i>You can lower your "bad" LDL cholesterol and raise "good" HDL cholesterol through regular physical activity and eating more fruits and vegetables.</i>	13
14 <i>Twenty years ago, the average pasta portion size was 2 cups, and 280 calories; today, it is 4 cups, and 560 calories!*</i>	15	16	17 <i>Low-density lipoprotein (LDL) or "Bad" cholesterol causes cholesterol to build up in the blood. A lower level is better: less than 100 mg/dL is best.</i>	18	19	20
21	22 <i>Autumn Begins</i>	23	24	25	26	27
28	29  <i>One serving of pasta, rice or cereal is half a baseball.</i>	30	<p>The Grains Group, such as whole wheat bread, brown rice, and oatmeal, gives you carbohydrates for energy and vitamins such as folic acid and B vitamins. Whole grain foods also contain fiber, which helps protect your body from certain diseases, keeps your body regular, and keeps you feeling full with fewer calories.</p>			<p>Eat a rainbow of fruits and vegetables!</p> <ul style="list-style-type: none"> R red pepper O oranges Y banana G spinach B blueberries I plums V grapes

*Portion Distortion! Check out this neat interactive quiz that shows you how today's portion sizes differ from 20 years ago: <http://hp2010.nhlbihin.net/portion/>

OCTOBER

2008

Let's Talk Month
National Breast Cancer Awareness Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Set Your Limits! When it comes to work, family, and friends remember there are only so many hours each day. Don't be afraid to say NO to requests for your time and energy.</p>			1	2	3	4
5	6	<p>The Milk Group gives you calcium and vitamin D for strong, healthy bones and teeth. The Milk Group also has carbohydrates for energy and protein for important body functions.</p>	8	9	10	11
<p>Iron and calcium: Women need to eat more iron-rich (lean meats, salmon, soy beans) and calcium-rich foods (low-fat or fat-free milk or yogurt) than men.</p>	13 Columbus Day	14	15	16	17	18
19	20	21 National Mammography Day	22	23	24	25
26	27	28	29	30	31	25
	 <p>One serving of peanut butter is the size of a golf ball.</p>				Halloween	<p>Take care of yourself! No matter how busy you are, try to set aside 15 minutes each day to do something for yourself. Go for a walk or call a friend. For a quick break, set a timer for 5 minutes and get up, move around, and stretch.</p>

NOVEMBER

2008

American Diabetes Month
Lung Cancer Awareness Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Diabetes. There are 7 million women in the United States that have diabetes, including an estimated 3 million women who do not even know they have the disease. ►</p>	<p>Type 1 diabetes is a lifelong condition commonly diagnosed in children and young adults. In Type 1 your body does not make insulin, so you must take insulin every day. ►</p>	<p>About 9 out of 10 people with diabetes have Type 2. You can get Type 2 at any age, even during childhood (in fact rates in children are rising). In Type 2, your body makes insulin, but the insulin can't do its job, so sugar is not getting into the cells. ►</p>	<p>Type 1 diabetes occurs at about the same rate in men and women, but it is more common in Whites than in minorities. ►</p>	<p>Type 2 diabetes is more common in older people, mainly in people who are overweight. It is more common in African Americans, Hispanic Americans/Latinos, and American Indians. ►</p>	<p>Did you know? Research finds that women who sleep less than 7 hours are more likely to develop diabetes over time compared to women who sleep between 7-8 hours.</p>	<p>1</p> <p>The lung cancer death rate for women is now higher than the death rate for breast cancer.</p>
<p>2 Daylight Savings Time ends</p>	3	4	5	6	7	8
9	10	11 Veteran's Day	12	13	14	15
		<p>Understanding Nutrients: Diets rich in fiber decrease your risk of coronary artery disease. Mind your peas and beans! Navy, kidney, black, pinto, lima, white, soybeans, and split, chick, and black-eyed peas, plus lentils and artichokes are excellent sources of fiber.</p>			<p>Lower your salt intake. Buy fresh or frozen vegetables. If you buy canned vegetables, look for "with no salt added" labeling.</p>	
16	17	18	19	20 Great American Smokeout	21	22
<p>Eating out, eating healthy. Share a meal, order a half-portion, or order an appetizer as a main meal.</p>				<p>Smokers are likely to suffer a heart attack or other major heart problem at least 10 years sooner than non-smokers.</p>		
23	24	25	26	27 Thanksgiving	28	29
30			<p>Eat slowly so your brain can get the message that your stomach is full. Stop eating when you are no longer hungry.</p>			

DECEMBER

2008

Do you set New Years resolutions? This year try to set short term achievable goals to help you reach a long term goal. Think about the reason(s) for your goal(s), the steps you'll take to reach them, and who will help you (and how you'll thank them). Consider setting a date or timeframe to achieve your goal(s) and most importantly, think of ways that you will reward yourself when you make progress towards and reach your goals!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 <i>World AIDS Day</i>	2 <i>When you buy canned or frozen fruits avoid those with added sugar, syrup, or cream sauces.</i>	3	4	5 All about fats. Fat is important for proper growth and development, and serves as a source of energy. To stay healthy it's best to choose unsaturated fats. Avoid saturated and trans fats. Keep your total fat intake between 20 to 35 percent of your daily calorie intake. For a 2,000 calorie diet that's between 400-700 calories from fat each day.	6
7 The Meat and Beans Group gives you protein, fat, vitamins, and minerals such as iron. Watch out for high-fat or high-sodium processed meats like bologna.	8	9	10	11	12	13 <i>Take seconds of vegetables and salads instead of meats and desserts.</i>
14	15	16 The Oils/Fats Group gives you some vitamins like Vitamin E and extra calories. Oils lower in saturated fat, such as canola and olive oils are healthier for you.	17	18 Balance activities usually focus on the muscles of your abdomen, lower back, hips, and legs. Balance activities include: walking heel to toe in a straight line, standing on one foot, standing up from a chair and sitting down again without using your hands, Tai Chi, rising up and down on your toes while standing and holding onto a stable chair or countertop.	19	20
21 <i>Winter Begins</i>	22 Get moving! Before you get up, do stretches while you're still in bed.	23	24	25	26	27 Try this for a healthy snack! 1 medium-size apple: 72 calories 1 medium-size banana: 105 calories 1 cup blueberries: 83 calories 1 cup grapes: 100 calories 1 cup carrots: 45 calories with 2 tbsp. hummus: 46 calories 1 cup broccoli: 30 calories with 2 tbsp. hummus: 46 calories 1 cup bell pepper: 30 calories with 2 tbsp. hummus: 46 calories
28 Lower your salt intake. Cut back on "convenience foods" – frozen meals, instant or flavored rice and pasta, canned soups and broths, salad dressings. They're often high in sodium or have added salt.	29	30	31 <i>New Year's Eve</i>			

JANUARY

2009



Get ready for the 2009 WOMAN Challenge! Sign up at the WOMAN Challenge website (www.womenshealth.gov/woman) to receive an email announcement when registration starts for the 2009 Challenge!

National Cervical Health Awareness Month
National Birth Defects Prevention Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Aerobic activities use your large muscle groups and increase your heart rate. They will cause you to breathe harder, but during activity you should be able to speak several words in a row. ➤</p>	<p>Activities include: brisk walking, water aerobics, swimming, biking, cross-country skiing, tennis, housework or gardening, active play with children or grandchildren, dancing. ➤</p>	<p>Exercise benefits: Regular aerobic activity strengthens your heart and lowers blood pressure and cholesterol reducing your risk of heart disease and stroke. ➤</p>	<p>More exercise benefits: Regular aerobic activity can also help you lose or maintain your weight, lower your stress and boost your energy.</p>	<p>1 <small>New Year's Day</small></p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Fruit juices have lost fiber from fruit, it's better to eat the whole fruit, which contains added fiber that helps you feel full.</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13</p> <p>Get moving! Practice desk stretches if you work in an office or sit down a lot.</p>	<p>14</p>	<p>15</p> <p>Eating out, eating healthy. Order vegetable side dishes and ask for sauces, dressings, or butter on the side.</p>	<p>16</p>	<p>17</p>
<p>18</p> <p>Lower your salt intake. When you cook or at the table replace salt and flavor foods with garlic, onions, herbs, spices, wine, lemon, lime, vinegar, or salt-free seasoning blends.</p>	<p>19</p>	<p>20</p>	<p>21 <small>Martin Luther King Jr. Day</small></p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p> <p>Understanding nutrients: Folic acid is a B vitamin that helps your body make healthy new cells. It can also reduce the risk of having a child with a brain or spinal cord defect by 50-70% if taken every day before and during pregnancy. ➤</p>	<p>28</p>	<p>29</p> <p>Every woman who could possibly get pregnant should take 400 micrograms of folic acid daily or in foods that have been enriched with folic acid, such as breakfast cereals with 100% daily value of folic acid per serving. ➤</p>	<p>30</p>	<p>31</p> <p>Black-eyed peas, cooked spinach, great northern beans, and asparagus all contain 20% or more of the recommended daily value of folate.</p>

FEBRUARY

2009

American Heart Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 National Wear Red Day Heart disease is the #1 killer of American women – one in four women die of heart disease.	2 Groundhog Day	3	4	5	6	7
8	9	10 Did you know foods labeled with sodium chloride, soda, sodium bicarbonate, and "Na" mean the product contains salt (sodium)?	11	12	13	14 Valentine's Day
15  One serving of meat is the size of a deck of cards.	16	17	18 President's Day	19	20	21 Women who smoke are two to six times more likely to suffer a heart attack than nonsmoking women; the risk increases with the number of cigarettes smoked each day.
22	23	24	25	26	27	28
All about blood pressure. High blood pressure (also called hypertension) increases your risk heart attack, heart failure, and kidney disease. It is the most important risk factor for stroke. Anyone can get it, but your risk of developing high blood pressure increases as you age, especially if you are overweight or obese or have diabetes. Because there often are no symptoms high blood pressure is called "the silent killer." Know your numbers – they are your only warning. ➤		Usually, blood pressure is two numbers –120/80mmHg. The first number is the systolic blood pressure, the second is diastolic. Your blood pressure is determined by the higher number of either your systolic or your diastolic measurement. ➤		Normal blood pressure: 120/80mmHg Prehypertension: 120-139/80-89mmHg Hypertension: 140 or higher/90mmHg or higher		Use herbs and spices instead of salt: Basil: soups, salads, vegetables, fish, and meats Cinnamon: salads, vegetables, breads, and snacks Chili powder: soups, salads, vegetables, and fish Cloves: soups, salads, and vegetables Dill weed and dill seed: fish, soups, salads, and vegetables Ginger: soups, salads, vegetables, and meats Marjoram: soups, salads, vegetables, beef, fish, and chicken Nutmeg: vegetables, meats, and snacks Oregano: soups, salads, vegetables, meats, and chicken Parsley: salads, vegetables, fish, and meats Rosemary: salads, vegetables, fish, and meats Sage: soups, salads, vegetables, meats, and chicken Thyme: salads, vegetables, fish, and chicken *Start by using small amounts to find out if you like them.

The heart is the hardest working muscle in your body. It beats an average of 100,000 times a day and pumps about 2,000 gallons of blood every day!

MARCH 2009



It's time to start getting ready for the 2009 WOMAN Challenge! Think about hosting your own WOMAN Challenge kick-off event! You will find useful materials and tips on how to promote the WOMAN Challenge in your community on the Challenge website. Check out: "Promoting the WOMAN Challenge" – www.womenshealth.gov/woman/promote.cfm.

National Nutrition Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 <i>Sleep: Did you know?! Adults need at least 7-8 hours of sleep each night to be well rested. In 1910 most people slept 9 hours a night, today the average adult sleeps less than 7 hours a night.</i>	2	3	4	5	6 <i>Sleep helps manage hunger, energy use, and weight control. Studies find that the less a person sleeps the more likely they are to be overweight or obese and to prefer eating foods higher in calories and carbohydrates. A lack of sleep puts your body under stress and reduces your body's ability to fight off common infections.</i>	7
NATIONAL SLEEP AWARENESS WEEK						
8 <i>Daylight Savings Time begins</i>	9	10 <i>National Women and Girls HIV/AIDS Awareness Day</i>	11	12	13	14
15 <i>Eat breakfast. Breakfast fuels your body for the day. It will help you stay energized and focused.</i>	16	17 <i>St. Patrick's Day</i>	18 <i>Flexibility activities help increase the length of your muscles and improve your range of motion. Stretching, yoga, and pilates are all flexibility activities.</i>	19	20 <i>First Day of Spring</i>	21
22	23 <i>Lower your salt intake. Rinse canned foods, such as tuna, to remove some sodium.</i>	24	25	26	27 <i>Understanding Nutrients: Vitamin C keeps teeth and gums healthy and also helps heal cuts. Get at least 20% of Vitamin C's daily value eating red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, brussels sprouts, oranges, mangoes, tomato juice, or cauliflower.</i>	28
29  <i>One serving of nuts is one level handful</i>	30	31	31 <i>Sleep apnea is a disorder in which a person briefly and repeatedly stops breathing during sleep. Symptoms include heavy snoring, gasping, or choking during sleep, and extreme daytime sleepiness. Leaving sleep apnea untreated increases a person's likelihood to develop high blood pressure, heart attack, congestive heart failure, and stroke.</i>			

APRIL

2009



Get in gear for the 2009 WOMAN Challenge! Recruit your team members (or participate as an individual) and register at the WOMAN Challenge website – www.womenshealth.gov/woman.

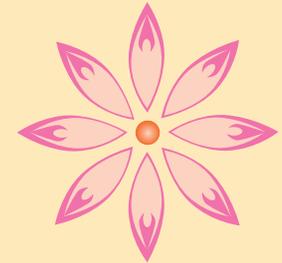
Sexual Assault Awareness Month

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p>Understanding nutrients: Vitamin A protects you from infection and keeps your eyes and skin healthy. Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, and red peppers, all contain at least 20% of the daily value of vitamin A.</p>		1	2	3	4
5	6	7 <i>World Health Day</i>	8	9	10	11
NATIONAL PUBLIC HEALTH WEEK						
12	 <p>One serving of ice cream is half a baseball.</p>	14	15	16	17	18
19	20	21	22 <i>Earth Day</i>	23	24	25
26	27	28	29	30	<p>But what does it mean?! Calorie-free: less than 5 calories Low calorie: 40 calories or less Reduced calorie: at least 25% less calories than the regular food item Fat free: less than 1/2 gram of fat Low fat: 3 grams of fat or less Reduced fat: at least 25% less fat than the regular food item Sugar-free: less than 1/2 gram of sugar Reduced sugar: at least 25% less sugar than the regular food item</p>	
<p>Weight-bearing activities include any activities in which your feet and legs bear your total body weight, such as walking, tennis, and climbing stairs. Doing weight-bearing activities regularly may help you build and maintain bone mass and reduce the risk of bone fractures.</p>						

*Learn more about community gardens! Do a simple search for "Community Gardens" on The National Agricultural Library website (<http://www.nal.usda.gov/>).

Your Guide to Healthy Eating

An important part of adopting and maintaining a healthy lifestyle is what you eat, when you eat, and how much you eat. A nutritious diet is well-balanced with foods from all groups, including a variety of fruits and vegetables, grains (especially whole grains), and fat-free or low-fat milk and milk products. Learn more about each food group here:



Focus on fruits



Eat a variety of fruits – fresh, frozen, canned or dried – get what's in season as those are generally less expensive. Avoid fruit juice high in sugar or with added sweeteners, like high fructose corn

syrup. Be sure to eat fruits of all colors as they will give your body a wide range of essential nutrients such as potassium, and Vitamins A and C. It's recommended you eat 2 cups of fruit every day* – remember that 1 cup is about the size of a baseball (a medium sized whole fruit). Try fruit as a mid-morning snack or add them to your waffle, pancake, cereal, or oatmeal!

Vary your veggies



Eat from the five vegetable sub groups: dark green (broccoli, spinach), orange (carrots, sweet potatoes, pumpkin, winter squash, legumes (beans, chickpeas, tofu), starchy (corn, peas), and other

(cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms, summer squash). Eating a bunch of different colors will help you get a variety of essential nutrients like fiber and folate. It's recommended you eat 2-3 cups of veggies each day.* Add veggies to your scrambled eggs or omelet!

Get your calcium-rich foods



Every day you should get 3 cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 cup of milk = 1 1/2 oz. of cheese = the size of 4 dice).* For kids aged 2 to 8, it's

2 cups of milk. Low-fat dairy products are also low in sodium, reduce cholesterol, and are major sources of calcium and protein. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make half your grains whole



Grain products include cereals, breads, crackers, rice, and pasta. At least half of the grain products you eat every day should be 'whole grains.' This means the entire grain kernel was used to make the food

versus 'refined grains' which have been milled. The milling process not only removes much of the grain kernel, but also nutrients like fiber, iron, and B Vitamins. You should eat 6 ounces of grains each day – at least 3 oz. should be whole-grain: cereals, breads, crackers, rice, or pasta.* One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice or pasta. Check the product label to see whether the product is 'whole.' Toast your whole grain bread and top it with peanut butter and banana slices!

Go lean with protein



Bake, broil, or grill lean meats and poultry. Or vary your choices, and select fish rich in omega-3 fatty acids, such as salmon and trout. Avoid processed meats like bologna and pepperoni (they often have

added sodium – check the label!). Egg yolks are high in cholesterol so try recipes that call for egg whites, which are cholesterol-free. The Meat and Beans group is not only a good source of protein, but also B vitamins, vitamin E, iron, zinc, and magnesium.

Know the limits on fats, salt, and sugars



Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or sugars (caloric sweeteners).

Aim for no more than 1 teaspoon (2,300 milligrams) of salt a day.

* Based on a 2000 calorie diet.

Understanding what you eat

We've selected a variety of nutrients to describe to help you make better sense of the table above. You'll find more nutrition information throughout the calendar of this tracking log.

Anti-oxidants: compounds in plant-based foods that can help prevent heart disease, certain cancers, and improve the immune system, memory, and eyesight.

B vitamins: help the body release energy, form healthy red blood cells, build tissues, and play a vital role in the function of the nervous system.

Calcium: an essential mineral, important to bone health and nerve and muscle function.

Carbohydrates: compounds such as sugars and starches that are broken down to release energy in the body. "Carbs" are one of three nutrients that provide calories.

Iron: used to carry oxygen in the blood. Many girls and women in their child-bearing years have iron-deficiency anemia.

Magnesium: used in building bones and in releasing energy from muscles.

Mineral: an element (such as calcium, iron, sodium, or potassium) that is obtained from food and is needed by the body.

Omega-3 fatty acids: may help lower blood cholesterol. Plant sources include tofu, soybeans, canola, walnuts, and flaxseed (these contain alpha-linolenic acid, a less potent form of omega-3 fatty acid).

Protein: function as building blocks for bones, muscles, cartilage, skin, and blood – essential to the structure and function of all living cells. Examples of proteins in the body include enzymes, antibodies, and some hormones. Proteins are one of three nutrients that provide calories.

Vitamin: any of various chemicals needed for metabolism. Vitamins are found in small quantities in food, and some are produced by the body.

Vitamin E: an anti-oxidant that helps protect vitamin A and essential fatty-acids.

Zinc: helps the immune system function properly.

All about fats

Monounsaturated fats (okay!)

INCREASES "good" HDL cholesterol levels
NO CHANGE OF "bad" LDL cholesterol levels

You can find monounsaturated fats in canola, olive and peanut oils, and avocados.

Polyunsaturated fats (okay!)

INCREASES "good" HDL cholesterol levels
NO CHANGE OF "bad" LDL cholesterol levels

You can find polyunsaturated fats in many nuts and seeds including safflower, sesame, and sunflower seeds.

Trans fats (bad for your health!)

INCREASES "bad" LDL cholesterol levels
DECREASES "good" HDL cholesterol levels

Trans fats (trans fatty acids) are made in a process called hydrogenation – they're formed when liquid oils are made into solid fats like shortening or stick margarine. Hydrogenation is done to increase a food's shelf life and maintains its flavor for a longer time period. Trans fats are found in commercially fried foods, baked goods, cookies, and crackers; small amounts are in animal products like beef, pork, and butter.

Saturated fats (bad for your health!)

INCREASES "bad" LDL cholesterol levels

Saturated fats are mostly found in food from animals including: beef, pork, butter, cream, whole milk dairy products, and cheeses. Saturated fats are also found in tropical oils like coconut and palm oils as well as processed foods (frozen meals, canned foods).

Resources to help you continue your healthy lifestyle

Go "Inside the Pyramid" to learn more about the food groups. Find out how much you need, what counts, nutrient content, benefits and implications, and tips to make healthy choices. <http://www.mypyramid.gov/pyramid>

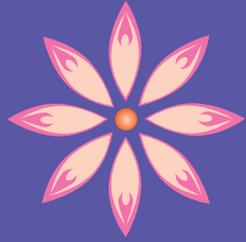
Learn more about your favorite fruits and vegetables at Fruits & Veggies Matter. Check out the publications page where you'll find interactive worksheets and fun recipes for kids. <http://www.fruitsandveggiesmatter.gov/>

Find a variety of Healthy Recipes, including those with tips for healthy and thrifty meals. <http://womenshealth.gov/FitnessNutrition/recipes/>

If you are healthy, but would like to keep your cholesterol low, you can follow the Heart Healthy Diet. <http://nhlbisupport.com/cgi-bin/chd1/step1intro.cgi>

If you currently have high cholesterol, to help lower your LDL cholesterol you can follow the Therapeutic Lifestyles Changes (TLC) Diet. http://nhlbisupport.com/chd1/tlc_lifestyles.htm

If you need to lower high blood pressure, you can follow The Dietary Approaches to Stop Hypertension (DASH) Diet. <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/>



WOMAN Challenge

Women and girls **O**ut **M**oving **A**cross the **N**ation

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For WOMAN Challenge information:
womenshealth.gov/woman



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For Health Information:
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