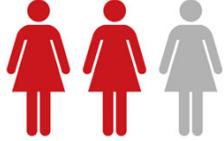


Eat Healthy



Did you know? We make 200 decisions about food each day.¹ That's a lot of chances to eat healthy every day. All of your food and drink choices matter!



Nearly **2 out of 3** women in the United States die from chronic diseases like heart disease, cancer, or diabetes.² A healthy diet and weight can help protect you from many chronic diseases. Choose lots of fruits, vegetables, whole grains, low-fat dairy, and lean proteins to keep you healthy.

Fruits and vegetables are a great way to get the vitamins and nutrients you need!³

- **Potassium** can help lower blood pressure.
- **Fiber** from fruits and vegetables can help lower cholesterol.
- **Vitamin A** keeps eyes and skin healthy and helps to protect against infections.



Tips

Switch some of your everyday foods for healthier options.

- ✓ Eat whole-grain bread instead of white bread, and brown rice instead of white rice.
- ✓ Try whole fruit, like apples and oranges, instead of fruit bars or fruit-flavored snacks.
- ✓ Drink water, seltzer, or unsweetened tea instead of energy or fruit drinks or soda.



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and obesity
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn more about healthy eating habits at ChooseMyPlate.gov.
- ▶ Track your daily food plan with SuperTracker.usda.gov.
- ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources

¹ www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/DGAC-Mtg3-Minutes-final.pdf

² www.cdc.gov/women/lcod/2013/index.htm

³ www.choosemyplate.gov/vegetables-nutrients-health