

A Healthy Diet: Standard Advice for All Women. - The Ultimate Nutrition Guide for Women. by Leslie Beck



If you are like many other women, you may be more concerned about your diet. You may be wondering how your nutritional intake stacks up to that of the average woman. Like her, are you meeting your daily targets for calcium, folate, iron and zinc?

Every woman should strive to adhere to the following dietary guidelines. These basic eating principles represent a common strategy to help prevent all chronic diseases women face today.

1. **Emphasize plant foods** in your daily diet. Fill your plate with grains, fruits and vegetables.
2. **Choose lower-fat foods.** Buy lean cuts of meat and poultry, and lower-fat dairy products. Limit your intake of fried foods and high-fat snack foods.

3. **Choose foods and oils that are rich in essential fatty acids**, nutrients our bodies can't make and that must be supplied by our diet. Fish, nuts, seeds, flax and flax oil, canola oil, omega-3 eggs, wheat germ and leafy green vegetables are examples.
4. **Make food choices that are rich in vitamins, minerals, antioxidants and dietary fiber**. Choose whole grains as often as possible. Eat at least three different-colored fruits and three different-colored vegetables every day.
5. As often as possible, **eliminate sources of refined sugar**: cookies, cakes, pastries, frozen desserts, soft drinks, sweetened fruit juices, fruit drinks, candy, etc.
6. **Wash fruits and vegetables** to remove pesticide residues. Only buy organic produce.
7. **Limit foods with chemical additives**.
8. Limit your intake of caffeine and salt.
9. **Drink at least nine cups of water every day**.
10. **Avoid alcohol**. If you drink, consume no more than one drink a day, or seven per week.
11. **Take a multivitamin and miner supplement** each day to ensure you are meeting your needs for most nutrients.

12. **Exercise regularly.** Aim to include aerobic activities and strength exercises in your weekly routine.