



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](http://www.everywomancalifornia.org)

# Healthy Weight

Your health is affected by how much you weigh. A healthy weight means not weighing too much and not weighing too little. Being at a healthy weight now is also important in case you get pregnant in the future. New research shows that women who are not at a healthy weight may have trouble getting pregnant. They are also more likely to have babies with birth defects. The children of women who are overweight are more likely to be overweight themselves. This puts children at risk for life-long health problems. The best way to control your weight is to eat a healthy diet and get daily exercise.

## How to eat a healthy diet:

- Eat a **balanced** meal by filling half of your plate with vegetables, one-quarter with a whole grain, and one-quarter with a lean protein. Include a glass of milk and a piece of fruit to round out the meal!
- Decrease the **size** of your meals to keep your calories in check.
- When you want a snack, reach for a **vegetable** or a **fruit**. Also add vegetables to rice, soups, and eggs and add fruits to cereals.
- Try other **healthy snacks** such as yogurt, rice cakes, nuts, or popcorn without butter.
- Buy **whole grain** cereals, breads, rice or pasta.
- Choose **non-fat** or **low-fat** milk, yogurt and cheese.
- Choose **lean** meats and poultry. Bake, broil, microwave or grill it instead of frying.
- Drink plenty of **water**. Limit soda, fruit drinks or sport drinks that are high in sugar.
- **Decrease fast foods** and instant foods.

## How to stay active:

- Be active for at least **30 minutes** every day.
- Go for a **brisk walk** or jog.
- Ride a **bike**, play **tennis**, or do **water aerobics**.
- Mow the lawn or do other active **gardening**.
- **Take breaks** from work. Try taking a 10 minute brisk walk 3 times during the day.
- Get up and **stretch** at least every hour while sitting at a desk.
- Get **moving** and have **fun!** Anything that gets your heart pumping is good for you, such as dancing in your house.