

# Nutrition Tidbits

## Key Nutrients for Women and Their Uses

Calcium – bones, teeth, muscle contraction release of neurotransmitters.

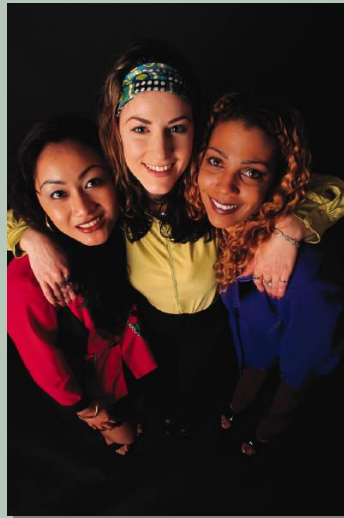
Vitamin D – regulates calcium & phosphorus, enables bone mineralization, supports parathyroid health, immunity (see April newsletter)

Folate – aids in the production and maintenance of cells, DNA synthesis and amino acid production

Iron – oxygen carrier, immunity, cognitive development, energy metabolism temperature regulation

Omega-3 – anti-inflammatory, vessel elasticity, brain health, immunity

See main article for tips on how to get these nutrients!



## Women Taking Charge

As women, we have influence on others. We are friends, mothers, wife, sisters, and aunts to so many people that are looking to us for support. Let us all be good examples by leading the charge on optimal health for the sake of ourselves and for others around us. A comprehensive website that walks us through how we can do that can be found by logging on to:

[www.womenshealth.gov/whw](http://www.womenshealth.gov/whw) I encourage you to take the **National Women's Checkup Day Pledge** and even the 8-week **WOMEN Challenge**.

One of the important aspects of women's health is optimal nutrition. In this newsletter we discuss key nutrients that women need to ensure they receive adequate amounts of in order to maintain proper health. Contact PNT to get an in-depth nutrition analysis of your current dietary intake that includes specific recommendations for your particular lifestyle.

## Month of May: It's About Women's Health

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health



and Human Services' Office on Women's Health (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier and happier life. Important steps include:

- Getting at least 2 ½ hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both *each week*
- Eating a nutritious diet.
- Visiting a health care professional for regular checkups and preventive screenings.
- Avoiding risky behaviors, like smoking and not wearing a seatbelt.
- Paying attention to mental health, including getting enough sleep and managing stress.

longer, healthier and happier life is eating a nutritious diet. For women, there are key nutrients that directly impact our health and how we feel from day to day (see section entitled, *Key Nutrients for Women and Their Uses*). Sadly, many of those key nutrients are lacking in the average woman's daily food intake. Let's go through some practical ways you can incorporate these key nutrients into your life starting today.

**Low-fat Milk, Cheese and Yogurt.** The best food sources of calcium and Vitamin D, low-fat dairy is also sources of vitamin B12, phosphorus potassium, protein and vitamin A. Also, some research suggests that low-fat dairy plays a role in weight management.

**Green Leafy Vegetables.** Foods such as cabbage, turnip greens and broccoli are powerhouses of nutrients such as iron, folate, vitamin C, potassium and magnesium, just to (Continued on page 2)



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## It's All About Men in June!



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name a few. Dark leafy vegetables also contain flavonoids, carotenoids and other powerful antioxidants. Eating more of these types of foods have been shown to decrease incidence of breast, stomach and skin cancer. Interestingly, these results have been shown specifically related to food sources, not supplements!

**Beans and Legumes.** A super cheap source of protein, beans and legumes are also loaded with cholesterol-lowering soluble fiber, potassium, vitamin C and iron. The high fiber content expands in your stomach to make you feel full and satisfied with relatively few calories. There are so many different types of beans and legumes to choose from so there is little reason to not incorporate these into your diet. Gas production has been an issue that has kept some from enjoying beans. The good news is that there are several gas reducers over the counter that can help counteract the problem. Avoiding this food really keeps one from maximizing your nutrition.

### Black & Blue Smoothie

#### Ingredients:

- 2 cups blackberries
- 2 cups blueberries
- 1 cup fat-free plain yogurt
- 1 cup fat-free milk
- 1 tsp vanilla extract
- 2 cups ice

#### Directions:

Place all ingredients into a blender and blend until smooth. Serve immediately. Serves 6.

### Soulful Greens

#### Ingredients:

- 1/2 cup of low-sodium chicken broth
- 3/4 cup water
- 2 pounds of collard greens, washed and stems removed
- 1-1/2 cups sliced red onions
- 1 garlic clove, minced
- 1/4 cup orange juice
- 1/2 tsp dried red pepper flakes

#### Directions:

Heat chicken broth and water in a large pot. Bring to a boil. Add collards and cook for 10 minutes. Sauté garlic and onions for 5 minutes in a skillet. Add orange juice and wilted greens. Stir until well coated. Simmer for 5 minutes. Sprinkle with red pepper flakes and serve.

**Fatty Fish.** The American Heart Association recommends that we each consume 2 servings of fish each week, with the emphasis on fatty fish such as wild salmon, albacore tuna and sardines. These fish are high in 2 types of Omega-3 fats including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 fats keep vessels elastic, reduce the risk of sudden cardiac death and can even improve mood. Further, they are helpful in relieving symptoms of arthritis and joint pain.

**Berries.** Reduce your risk of cancer, heart disease and have improved immune function with consumption of berries. They are a fresh taste of sweet with a ton of benefit. Did you know that (how much) strawberries contain more vitamin C than oranges?

**Whole Grains.** Grains such as whole wheat, brown rice, corn, rye and oats are loaded with nutrients that maximize the calories you consume with them. They contain fiber, iron, magnesium and vitamin E. Low intakes of magnesium have shown to cause depression in some individuals.

Nutritional needs of women vary at different stages of life. Whether you are young woman just finishing puberty or you are the mature, retired individual wanting to remain looking and feeling great, food is an extremely powerful tool in your wellness toolbox.

fitmate®



**Wonder how many calories your body needs? Don't guess, measure it!**

Check out the video of PNT in the news last month, which talks about how the Fitmate works:  
[http://www.nbcdw.com/health/diet\\_fitness/Take-8-Minutes-to-Find-Out-How-Much-You-Should-Eat.html](http://www.nbcdw.com/health/diet_fitness/Take-8-Minutes-to-Find-Out-How-Much-You-Should-Eat.html)  
Contact us 972-238-1811 at to learn more how knowing this number would benefit you!