



simply healthy

from your Hannaford Dietitian

Nutrition Tips for Women

Hannaford wants to help women of all ages grow strong and stay strong. Please use our guide to help you and the women you love get what they need to be as healthy as they can be.

Teens: This is the best age to begin forming healthy habits - now, and for the future.

- Calcium-rich foods will help form strong bones and prevent osteoporosis in the future. Remember, bones continue forming until about age 18.
- Get your vitamin D. You can get what you need from sunlight, food and supplements. Having enough will help bones absorb the calcium.
- Create healthy eating habits. There's no better time than NOW to include whole grains, low-fat dairy, and plenty of fruit and veggies each day. Aim for three meals and two snacks daily to supply well-timed fuel for your body.
- Keep your energy up. Be sure to include food high in iron (such as fortified cereals). When possible, consume iron-rich foods with vitamin C (for example, cereal with orange juice) to maximize the iron absorption.

Women 20 - 45: This is a very busy and active time for most women - make sure your health is at the top of your "to-do" list.

- Keep your bones strong. Make sure you're getting enough calcium & vitamin D.
- Consume iron-rich foods to help keep energy levels up.
- If pregnancy is a possibility, be sure to get 400 mg of folic acid equivalents each day (best to start before conception). Folic acid has been proven to help prevent birth defects.
- Maintain a healthy weight by avoiding excess calories and limiting saturated fat and sodium.



A women's well-balanced diet

Try to incorporate these foods into your daily diet:

- At least 3 one-ounce servings of whole grains, such as whole-grain bread, cereal, pasta, brown rice or oats
- 3 servings of low-fat dairy products, such as low-fat or fat-free milk, yogurt or cheese
- 5 to 6 ounces of protein, such as lean meat, chicken, turkey, fish, beans, lentils or peas
- 2 cups of fruit, such as apples, blueberries, melon, oranges, bananas and pears
- 2 1/2 cups of vegetables, such as leafy greens, pumpkin, bell peppers, onions, broccoli, mushrooms and carrots



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



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Women 46 - 60: Keep up with your healthy habits so you can feel your best.

- Keep bones and teeth strong. Consume enough calcium and vitamin D. How much??
- Maintain a healthy weight by avoiding excess calories. Many women need around 200 fewer calories at this age compared to earlier years, so adjust portion sizes. Continue to limit saturated fat to prevent high cholesterol, and limit sodium while increasing potassium to help keep your blood pressure low.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.



Women over 60: Enjoy life with a healthy attitude and a healthy body.

- Maintain strong bones and teeth: consume enough calcium and vitamin D and get a bone density test. Remember, weight-bearing activities (even walking!) can help maintain bone strength.
- Limit saturated fat and sodium while increasing potassium to avoid high blood pressure and other chronic diseases, such as diabetes and heart disease.
- Be sure to get adequate amounts of zinc in your diet (sources: meat, crab meat, clams, salmon, dried beans, peas, lentils). It has been proven to help with vision and wound healing.
- Many women do not absorb enough vitamin B12 after age 50. Ask your doctor if you need a supplement.
- Stay regular. Eat enough fiber from fruits, vegetables, beans, peas and whole-grain products like oats and whole-grain bread. Aim for 25 grams per day.
- As they age, many women lose the sensation of thirst. Stay hydrated by drinking plenty of fluids daily.



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