

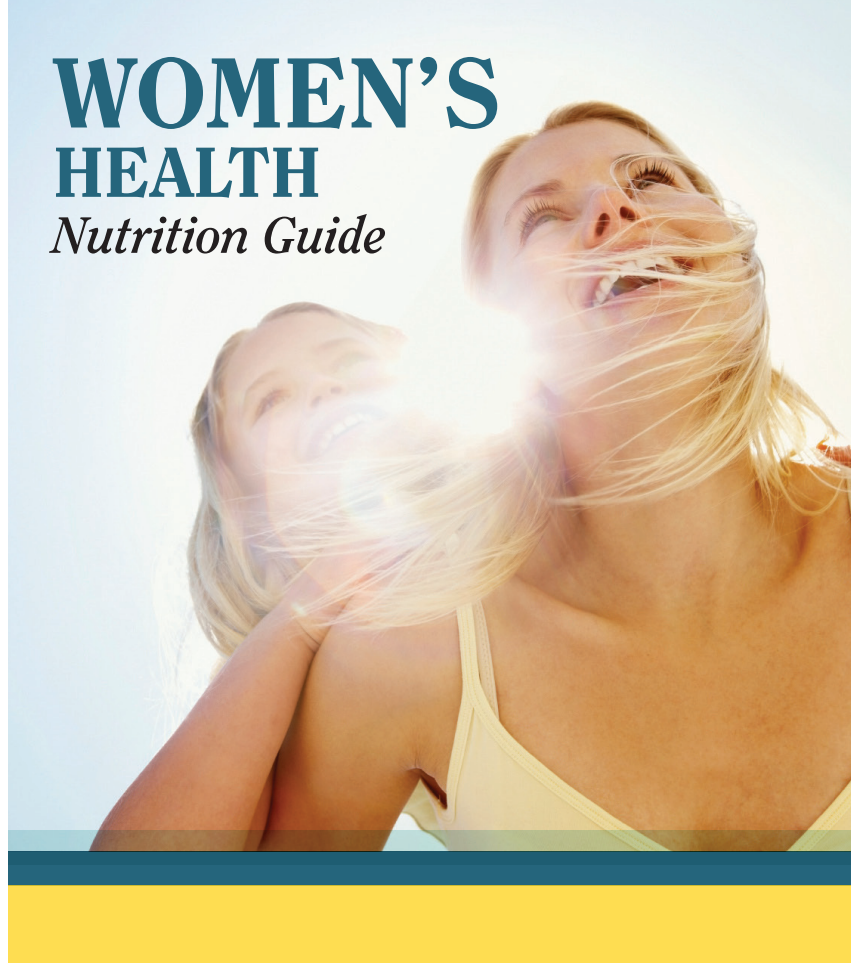
## STAYING STRONG BONE HEALTH

Keeping bones strong and healthy starts at an early age. As a woman, you acquire 85-90% of your bone mass by the time you are an adolescent. You reach your peak bone mass around 18 years old, and after the age of 30, you slowly begin to lose bone density. After menopause, bone loss is much more rapid and the risk of osteoporosis increases.

It's never too late to take an active part in your bone health. The tips below will help keep your bones strong and healthy as you age!

- **Calcium:** Women 19-50 years old require 1,000 milligrams of calcium every day, and the number jumps to 1,200 milligrams per day for women over the age of 50. Good food sources of calcium include dairy products, soybeans, and fortified cereals and grains. Stick to low-fat or fat free dairy products, like low-fat yogurt, cheese, or milk.
- **Vitamin D:** The “sunshine vitamin,” as vitamin D is often called, helps your body absorb calcium. It is difficult to meet your vitamin D needs through sun exposure alone, especially with Utah’s northern location. Because vitamin D is only found in a few foods, like fortified milk, egg yolks, and fatty fish, many women need to supplement this vitamin. Daily requirements recently increased to 600 IUs for women, or 800 IUs for women over the age of 70.
- **Physical Activity:** Daily strength-building or weight-bearing activity is vital for bone health. Putting stress on your bones sends signals through your body to make your bones stronger. Activities that require you to jump, run, or lift weights are great for maintaining healthy bones.

## WOMEN'S HEALTH *Nutrition Guide*



At Harmons, we understand how difficult it can be for today's busy women to sort through all of the mixed nutrition messages out there.

We've done the research for you and created this simple guide to help keep you healthy and strong so you don't miss a beat!

Following a balanced diet loaded with fruits and veggies, whole grains, healthy fats, low-fat dairy, and lean protein is important to keep you and your family in tip-top shape.

However, women have more specific nutrition needs throughout their life stages to maintain health and wellness.

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## HEALTHY WEIGHT FOR LIFE!

Have you ever been frustrated that the men in your life seem to eat endlessly and never worry about weight? Women tend to be smaller and have less muscle and more fat than men. This translates into a lower metabolic rate and the need for fewer calories to maintain a healthy weight.

It is important to balance the calories you eat every day with physical activity. Daily exercise not only boosts your metabolism and strengthens muscles, but it's also great for stress management! Aim for 30 minutes of moderate activity most days. Try going for a walk or hike after dinner, bike after school with your kids, work in your garden, or dance the night away!

## NUTRITION FOR THE REPRODUCTIVE YEARS

Women face unique nutrient needs during their child-bearing years. Meeting folic acid (folate) requirements becomes especially important to decrease the risk of neurological birth defects. The requirement is 400 micrograms per day for women, and it increases to 600 micrograms per day during pregnancy. If you are not able to meet your daily requirement for folic acid from food sources alone, you should consider taking a supplement during your reproductive years. Look for these great sources of folic acid at your local Harmons:

- Food fortified with folic acid, such as some cereals, pasta, rice, and bread
- Citrus fruits, like oranges
- Leafy greens, like spinach or arugala
- Dried beans or peas
- Folic acid supplement (supplying 400 micrograms)

## IRON

Iron is another key nutrient to keep you healthy and energized. Women often experience low iron levels due to menstruation or difficulty absorbing iron. The recommended intake for women ages 19-50 years is 18 milligrams per day, increasing to 27 milligrams per day during pregnancy.

It is best to meet your iron needs from food sources because supplements are harder for your body to absorb.

Look for these convenient sources of iron in your local Harmons meat department:

- Prime Angus All Natural Beef—no antibiotics, added hormones, or artificial ingredients.
- All natural, freshly prepared sausages. Our sausages contain no artificial additives, flavors, or fillers.
- Local Morgan Valley Lamb—naturally raised and hormone free, right from Morgan, UT.
- Recipe Ready Chicken—we've already cut and hand-trimmed the chicken so all you have to do is cook it.

Plant-based foods also supply iron, but your body has a harder time absorbing it in this form. Spinach, beans, and fortified cereals or breads are good options if you don't eat much meat. Iron from these sources is absorbed more easily when eaten with vitamin C-rich foods. So have an orange with your bowl of cereal or add strawberries to a spinach salad!

