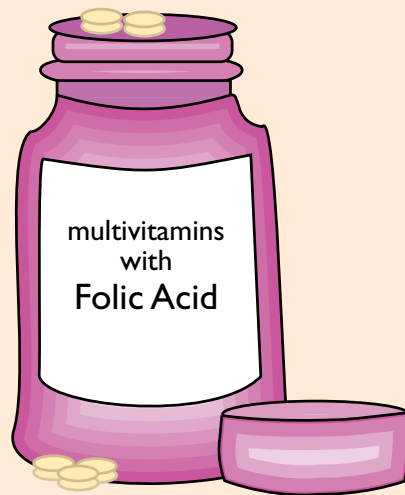


## About Vitamins and Iron

- For teens and some women, iron deficiency anemia is a common concern. Choose foods high in iron and vitamin C from MyPyramid (meats and beans, fruits, and vegetables), or choose a multivitamin that contains iron.
- Folic Acid, one of the B vitamins, can help prevent birth defects of the brain and spine.
- **Take a multivitamin that contains 400 mcg. of folic acid (or 0.4 mg.) everyday**, and choose a variety of foods including enriched breads and cereals, green leafy vegetables, and orange juice. This will help to make sure you get enough folic acid to help prevent birth defects.



For more information about folic acid, call 1.800.766.2223, or Oklahoma City area, 405.271.6617.

Caution: Taking large amounts of vitamins and minerals can be dangerous.

## Additional Information

For more information about nutrition, talk to your clinic's nutritionist or visit MyPyramid at <http://mypyramid.gov>.

For information about the *Preparing for a Lifetime* Initiative or family planning, visit <http://iio.health.ok.gov>.



Funding is provided by the Title X Family Planning Grant, Number 5 FPH-PA060092-41-00, Office of Family Planning, U.S. Department of Health and Human Services.

The Oklahoma State Department of Health (OSDH) is an equal opportunity employer. This publication was issued by the OSDH, as authorized by Terry Cline, PhD, Commissioner of Health. 27,000 copies were printed in May 2011 by Mercury Press for \$2,056. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries.

ODH P356 (RVSD 5-11)

# Nutrition and Family Planning



## The 'Pill, Patch, Ring'

- . . . may change the way your body uses some nutrients.
- You may need more foods high in vitamins C, B6, and folic acid.
- Fluids retained in your body and breasts can cause a weight gain of two to four pounds.
- Choose a variety of foods from MyPyramid to supply your daily nutrition needs, and get enough physical activity to help avoid weight gain.

## The 'IUC' (Intrauterine Contraception)

- . . . may cause longer/heavier periods or irregular bleeding.
- Choose a variety of foods from MyPyramid, including foods rich in iron and vitamin C.

## The 'Shot' (Depo-Provera)

- . . . may lead to some weight gain.
- Choose a variety of foods from MyPyramid to supply your daily nutrition needs, and get enough physical activity to help avoid weight gain.
- Be sure to get enough calcium to help to prevent bone loss (adults need at least 1,000 mg. each day, teens need at least 1,300 mg. each day).
- You may want to talk to your clinic's nutritionist about what you eat, the amount of activity you get, ways to get enough calcium, or for help in finding ways to maintain your weight.

## The 'Diaphragm'

- Gaining or losing 10 pounds or more may change the way your diaphragm fits. If your diaphragm doesn't fit well, you might get pregnant.

## Planning a Pregnancy

- Your eating habits are important before getting pregnant.
- Eating healthy *now* increases your chance of having a healthy baby.
- Take a multivitamin containing 400 mcg. of folic acid (or 0.4 mg.) *before* pregnancy and continue throughout childbearing years.
- Stop using alcohol *before* you become pregnant.

## Spacing Pregnancies

- Your chances of having healthy babies are better if your pregnancies are spaced at least two years apart and you are eating healthy meals and snacks.
- Closely spaced pregnancies mean greater nutrition demands on your body.
- Eating habits between pregnancies are as important as those during pregnancy.

## Know Your Limits

- Balance the food you eat with enough physical activity to reach and keep a healthy weight.
- Choose most of your fat sources from fish, nuts, and liquid vegetable oils.
- Limit solid fats (butter, stick margarine, shortening, and lard), and foods that contain these fats.
- Check the nutrition facts label and choose foods that are low in saturated fats, trans fats, and sodium.
- Choose food and drinks low in added sugars.
- If you drink alcohol, limit to one drink a day. Examples:
  - One 12 oz. bottle of beer or wine cooler
  - One 5 oz. glass of wine
  - 1 ½ oz. 80 proof distilled spirits
- Pregnant women and those who may get pregnant should not drink alcohol.

## Daily Goals



| Grains   | Vegetables   | Fruits   | Milk  | Meat & Beans  |
|--|--|--|---|---|
| <b>6 ounces</b><br><i>Have at least 3 oz. whole grain</i><br>1 oz. is about:<br>• 1 slice of bread<br>• 1 cup dry cereal<br>• 1/2 cup cooked rice, cereal or pasta | <b>2½ cups</b><br><i>Eat more:</i><br>• broccoli<br>• spinach<br>• leafy greens<br>• carrots<br>• sweet potatoes<br>• pinto & kidney beans | <b>1½ - 2 cups</b><br><i>Enjoy a variety:</i><br>• oranges<br>• strawberries<br>• melons<br>• apples<br>• peaches<br>• pears<br>• raisins<br>Limit juices. | <b>3 cups</b><br><i>Have fat free or low fat milk or equal amount yogurt or cheese:</i><br>1 cup yogurt & 1½ - 2 oz. cheese equals 1 cup milk | <b>5 - 5½ ounces</b><br><i>Choose lean meat, poultry, or fish. 1 oz. meat equals:</i><br>• 1 egg<br>• 1 T. peanut butter<br>• ¼ cup cooked dry beans<br>• ½ oz. nuts or seeds |

## Get Moving!

- Be physically active for at least 30 minutes most days of the week.
- To prevent weight gain, be active 60 minutes a day.
- To lose weight or maintain weight lost, many need about 60-90 minutes a day of physical activity.
- Children and teens need 60 minutes of physical activity most days of the week.