



# Nutrition and Family Planning

Some women may gain a small amount of weight with some family planning methods and some women may need to increase certain nutrients in their diet.

For example:

- ☼ Women using Depo-Provera need to increase the calcium in their diet to prevent bone loss.
- ☼ Some women using IUD's may develop anemia and need to eat plenty of iron rich foods like lean red meat or beans.
- ☼ Women using other hormonal methods like birth control pills, Lunelle, or Ortho Evra, may have decreased folate levels and need to increase the folic acid in their diet.

## Try these other health tips

- Take a multivitamin with folic acid every day. Folic acid may help prevent heart disease and certain cancers. Folic acid may also help prevent defects to the baby's brain and spine. Even if you are not planning on becoming pregnant, a baby's brain and spine begin to develop before many women know they are pregnant.
- Eat a variety of foods and be physically active every day. Pick an activity you like, make a plan and stick to it!
- Have lower fat foods more often. Try switching to skim milk and limiting fast foods to 1-2 times per week.
- Eat your calories don't drink them. Soft drinks, sweetened beverages and even juice are high in calories and can leave you feeling hungry.
- Read and compare food labels and know your portion sizes.



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## Food Sources of Important Nutrients

### FOLIC ACID AND OTHER B VITAMINS

Folic acid and other B vitamins are most commonly found in enriched flours, breads and cereals. Select whole grains like oats or whole-wheat products more often.

Folic acid is also found in deep green vegetables like broccoli and spinach, citrus fruits like oranges and grapefruits, wheat germ and nuts.

Food sources of the other B vitamins include: nuts, dried peas and beans, lean meats, poultry, fish and dairy foods. Vitamin B12 is the only B vitamin not found in plant foods. Total vegetarians may need B12 injections.

### CALCIUM

Dairy products provide the richest sources of calcium in the diet. Select low or non-fat dairy foods more often. Calcium fortified juices also provide a good source of calcium. Other foods provide smaller amounts of calcium.

1 cup of milk or yogurt provides between 330-400 mg. of calcium	
1 cup almonds = 332 mg	1 cup tofu = 130 mg
1 cup dried apricots = 100 mg	1 cup broccoli = 72 mg

### IRON

Lean meats, fish, and poultry provide the most iron. Other foods like dried peas and beans, and spinach also provide some iron.

**Fats and oils:** use olive or canola oil for better heart health and limit animal fats like lard or bacon. The American Heart Association recommends two servings of fish a week for omega-3 fatty acids, which are another good kind of fat.

**Fruits and vegetables:** the more the better! Aim for at least 5 servings of fruits and/or vegetables a day.

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