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Eating Right

While many of the rules for healthy eating are true for everyone, women have different nutritional needs, particularly during pregnancy or after menopause.



It's important to be aware of those differences so women can remain healthy throughout their lives.

The first thing to keep in mind, according to the Office on Women's Health, is calorie intake. For a long time, the recommended daily allowance was thought to be 2,000 calories for adults.

Nutritionists have dialed that back for women, because they generally have less muscle mass, more body fat, are physically smaller than men, and need fewer calories in a day. Women also tend to burn fewer calories at rest and during exercise than men do. Although the average woman needs between 1,600 and 2,400 calories daily, how many calories an individual woman needs depends on her age, height, weight and level of physical activity.

A woman working in manual labor or even working as a teacher, where she's up and down all day, needs more calories than a woman who works at a desk. Talk with a doctor or nutritionist about your needs.

The second factor is what nutrients women need. Calcium, iron and folic acid are particularly important for women. Outside of pregnancy, there is not consensus on whether multivitamins have significant benefits, but during pregnancy, many doctors recommend prenatal vitamins or a folic acid supplement. Women's nutritional needs

also change throughout their lives, especially during pregnancy and breastfeeding and after menopause. Teenagers need more calcium, iron and vitamin D, and teens and young adults often need more calories than more mature women, as their bodies are still growing and their metabolism is high. Women who are breastfeeding, in addition to

healthy foods, should drink more water than normal. Postmenopausal women, who are at greater risk of chronic diseases and osteoporosis, may need more calcium and vitamin D and often need to eat fewer calories overall.

Finally, think about what to eat. Fiber is an important part of every diet but is especially critical for women, most of

whom do not eat enough. Add whole grains, beans, berries, leafy greens and squash to increase your intake. Foods with omega-3 fatty acids like fish also are beneficial; they can reduce the risk of heart disease and premature birth and contribute to healthy growth and development in unborn babies and breastfed infants.

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