

Dietary Guidelines for Americans 2015-2020

Healthy Eating Patterns

Calorie needs: Men: 50-60 years = 2200 calories, 60+ = 2000 calories

Women: 50-60 years = 1600calories, 60+ = 1400 calories

Portions:	Women	Men
Vegetables	2cups	2.5cups
Fruit	1.5cups	2cups
Grains	5ounces	6ounces
Dairy	3 cups	3cups
Protein	5ounces	5.5ounces
Oils	22gm	27gm
Extras	160cals	200cals

Sodium: 2000-2400mg per day (about a tsp)

Fats: 10% Saturated fats, 45% monounsaturated fats and 45% polyunsaturated fats

Fiber: Men: 25-30gm per day and women: 20-25gm per day

Alcohol: 1 portion per day for women and 2 portions per day for men. A portion is – 12oz of beer, 5oz of wine and 1.5oz of spirits (hard liquor)

If you do not drink, DON'T START! Risks outweigh the benefits.

Beverages: .5 oz per pound body weight, up to 12 glasses of water per day. All beverages contribute to the total water intake.

Beverages like punch, soda, alcohol, even fruit juice are high in calories and sugar and have limited nutrients. Water is best.

Flavored water, unsweetened coffee and tea are other low calorie options

Food Safety: Wash hands before and after preparing food, going to the bathroom, changing diapers, coughing, sneezing, tending to someone who is sick or injured, touching animals and handling garbage.

Mark dates on all leftovers. Once a week, clean out the fridge. Discard if they have been there more than four days.

Clean surfaces immediately. Inside and out of appliances. Thoroughly rinse fruits and vegetables even if you are peeling them.

Use separate cutting boards for fresh produce and raw meat. Don't put cooked food back on the plate that had raw meat.

Temps: cold foods = 40 degrees or below hot food = 140 degrees or above

Physical Activity:

Aerobic – 150 mins per week of vigorous exercise. 10 min sessions spread throughout the week

Strength Training – Muscle-strengthening exercises including all muscle groups twice weekly

Balance – Include daily exercises for balances to lower fall risk.

Sleep:

Younger adults (18-25): Sleep range is 7-9 hours

Adults (26-64): Sleep range is 7-9 hours

Older adults (65+): Sleep range is 7-8 hours

7 Ways to Manage Your Stress

June 05, 2018 • By Lynn Bufka, Ph.D., Clinical Psychologist and Associate Executive Director for Practice Research and Policy, American Psychological Association

For women juggling many responsibilities, it might seem difficult to find time to adequately manage stress. People with high stress levels may try to manage their stress in unhealthy ways, such as over- or under-eating, drinking alcohol, or lying around the house. The good news is there are effective ways to manage stress. Here are seven smart ways to help you cope:

1. **Track your stressors.** Use a journal to identify which situations create the most stress and how you respond to them. Record your thoughts, feelings, and information about the environment, including the people and circumstances involved, the physical setting, and how you reacted. Taking notes can help you find patterns among your stressors and your reactions to them so that you can develop a plan to manage your stress.
2. **Set limits.** List the projects and commitments that are making you feel overwhelmed. Identify which commitments are priorities and cut back on anything nonessential. Refrain from accepting any more commitments until you feel your stress is under control. Setting limits on nonessential obligations is important to lessening chronic stress.
3. **Tap into your support system.** Reach out to family or friends. Your friends or family members may have tackled similar challenges and have useful ideas and perspectives. There is no need to face challenging life circumstances alone. In fact, support from family or friends may help you start and continue to take better care of yourself.
4. **Make one health-related commitment.** Do what you can to boost your health so that you have the energy and strength to tackle the challenges you are facing. One small step, like cutting back on excessive snacking, can have a positive effect. Similarly, a brisk walk or other aerobic activity can increase your energy and concentration levels and lessen feelings of anxiety. Physical activity increases your body's production of good-feeling endorphins and decreases the production of stress hormones.
5. **Manage your devices.** People who report constantly checking email or social media typically report more stress. Give yourself a break over the weekend and in the evenings. Put your phone to bed before you go to bed.
6. **Enhance your sleep quality.** Women who are chronically stressed often suffer from lack of adequate sleep and, in some cases, stress-induced insomnia. Begin winding down an hour or two before you go to sleep and engage in calming activities such as listening to relaxing music, reading an enjoyable book, or practicing relaxation techniques like meditation.
7. **Seek additional help.** If you continue to feel overwhelmed or are having trouble getting through your daily routine, seek help from a licensed mental health professional, such as a psychologist. Psychologists are trained to help you develop strategies to manage stress effectively and make changes to help improve your overall health.

Taken from WomensHealth.Gov