

Kick-Starting Women's Nutrition

(NAPSA)—Millions of women try to balance their children's meal-times and nutritional needs with their own, but the balance isn't always in their favor. Often, these women are shortchanged when it comes to important nutrients such as calcium, vitamin C and fiber.

"As the primary caregivers, women tend to take care of the entire family *first* before they think about their own nutritional needs," says Liz Weiss, MS, RD and co-author of "The Moms' Guide to Meal Makeovers" (Broadway Books, 2004) "Fortunately, making the necessary changes to ensure better nutrition is easier than you think."

Calcium Boost

Women between 19 and 50 need 1,000 milligrams of calcium a day for strong bones. To boost calcium in the diet she recommends:

- Lowfat dairy foods. Snack on lowfat yogurt for nearly 400 milligrams of calcium a serving, drink a refreshing glass of lowfat milk or nibble a lowfat cheese stick.
- Non-dairy foods also offer a calcium pick-me-up. Try an orange (50 milligrams), $\frac{1}{4}$ cup almonds (80 milligrams) or calcium-fortified orange juice (300 milligrams).
- Find benefits in unexpected places. 7 UP's newest soft drink, 7 UP PLUS, is a great-tasting source of calcium (100 milligrams) and vitamin C, as well as fruit juice. 7 UP PLUS makes it easier for women to achieve a little more balance in their lives.

Fiber First

Women need 25 to 35 grams of fiber a day. Filling, low-calorie fiber-rich foods keep cholesterol in check, maintain healthy blood sugar levels and help with the battle of the bulge.

- Make at least three of your daily grain servings whole grains. Prepare sandwiches with whole wheat bread, whole wheat pita or whole grain wraps or go "outside the box" with fiber-rich side



Good news for busy women: necessary nutrients can be found in surprising—and tasty—places.

dishes such as whole wheat pasta, bulgur, couscous and brown rice.

- Snack on mixed nuts, sweet potato chips, whole wheat pretzels and trail mix
- Eat breakfast cereals with two or more grams of fiber in a serving.
- Add canned beans to Mexican dishes, soups or stews.

The ABCs of Vitamin C

Vitamin C promotes healthy teeth and gums. It's also an antioxidant that supports a healthy immune system and may help reduce the risk of cancer. Women need 75 milligrams a day.

- Eat at least five servings of fruits and vegetables a day. Some of the richest vitamin C foods include broccoli, strawberries, oranges and Brussels sprouts.
- Make a vitamin C power smoothie. Blend together apple juice, frozen strawberries, lowfat fruit yogurt and a ripe banana.
- Take along a bottle of new 7 UP PLUS. An 8-oz. serving provides a good source of vitamin C (6 milligrams, 10% DV), according to U.S. recommended daily intake guidelines. Sweetened with SPLENDA® Brand Sweetener, it has a mixed-berry flavor and contains 10 calories and two grams of carbohydrates per serving. For more information, log on to www.7UP.com.