

Health risks at various life stages

Adolescence

Adolescent girls may risk developing iron deficiency anaemia because of the blood lost during menstruation. This may worsen if they don't take enough food that's rich in dietary iron.

Commonly plagued by a negative body image, adolescent girls may develop eating disorders like anorexia nervosa, bulimia nervosa or compulsive overeating, which can result in serious medical problems.

Reproductive Age

Women constantly on a diet may experience unhealthy weight loss, an unbalanced diet and anaemia. They may also have trouble conceiving and may suffer a higher chance of a miscarriage. And even if they do give birth, the baby might have low birth-weight or be born with congenital defects.

On the other hand, overloading on fat, oils and sugars can lead to overweight. Overweight women have higher risk of developing obesity, hypertension, stroke, coronary heart diseases, diabetes mellitus (type 2), cancer and osteoarthritis. They might also have problems conceiving. They may have a higher likelihood of developing gestational diabetes and high blood pressure during pregnancy, which may lead to complications and even death.

Ageing Women

Good eating habits are no less crucial as you age. Ageing women are prone to overweight and obesity, and are at risk of developing cardiovascular diseases, diabetes, cancers of the breast and uterus, and osteoporosis.

The good news is, you have full control over your health. Follow the 7 steps and choose to eat right today.



The Woman@Heart Programme is jointly developed by Ministry of Women, Family & Community Development and Nutrition Society of Malaysia.

As a resource of knowledge on women's nutrition, Woman@Heart has developed a manual and leaflet series, as well as organised training seminars for healthcare professionals and roadshows, establishing it as the authoritative voice of women's nutrition among healthcare professionals and women throughout Malaysia.

For more information about the Woman@Heart Programme, kindly visit:
Nutrition Society of Malaysia at www.nutriweb.org.my
or the National Population and Family Development Board at www.lppkn.gov.my
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Ministry of Women, Family and
Community Development



Nutrition Society of Malaysia



7 Steps to Good Nutrition



Ministry of Women, Family and
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Feeling and looking good. Sharing a joke with your spouse. Chasing after your active toddler. Going on that long-awaited holiday ... all these can be affected by your health. And your health is determined by what you eat.

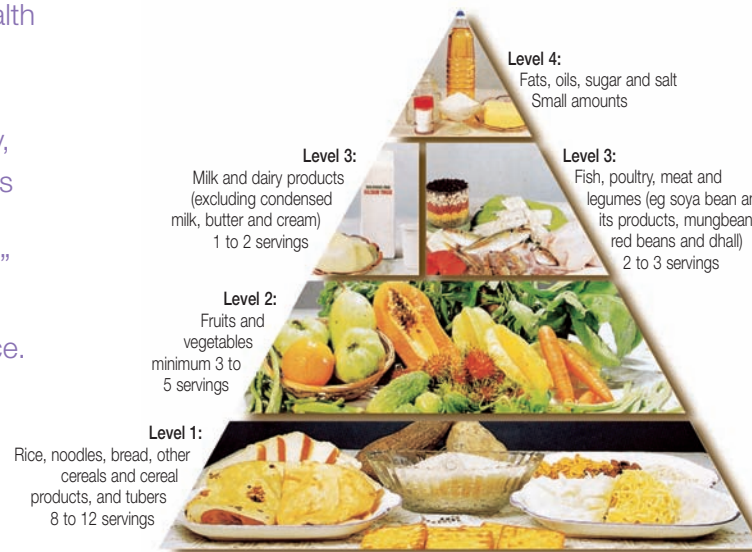
As modern women who are busy, busy, busy, many of us skip meals or just grab whatever's most convenient (usually the least healthful!). We shove nutrition aside for more "important" things, forgetting that it's good nutrition that enables us to do these things in the first place.

In this leaflet, we put first things first. We're going to show you how you can eat right every day in 7 simple steps and why it is so important that you do:



1 Widen Your Palate

- Eat according to the Malaysian Food Guide Pyramid.
- Enjoy a wide variety of food within each food group.



Source: Panduan Diet Malaysia, Kementerian Kesihatan Malaysia, 1999

2 Watch Your Bathroom Scale

- Maintain a healthy body weight.
- Being overweight or underweight puts you at risk of various health problems.

3 Make Smart Food Choices

- Enjoy rice, cereal products, legumes, fruits and vegetables every day.
- Go for unpolished or unrefined rice and cereals as they are richer in nutrients and fibre.
- Incorporate legumes such as peas, beans and lentils into your diet.
- Eat plenty of fruits and vegetables like dark green leafy veggies, carrots, tomatoes, mangoes and papaya that provide vitamins, minerals and fibre.

4 Cut Down On Fats

- Choose low-fat and low-cholesterol foods.
- Select lean cuts of meat and remove the fat and skin.
- When cooking or eating, limit 'visible' fats like margarine, butter, salad oils, cream and mayonnaise.
- Fry foods with minimal oil, or steam, grill, roast, boil or stew instead.

5 Less Salt

- Cut down on salted fish, salted eggs and salted veggies.
- Limit processed meats such as sausages, luncheon meat and corned beef.
- Minimise less nutritious, highly salted snacks like crisps, chips, preserved fruits and pickles.
- Season food with spices, herbs and lemon instead of salt, soya sauce, oyster sauce, chilli sauce or tomato sauce.

6 Mind The Sugar

- Learn to enjoy food and drinks with little or no sugar.
- Limit cakes, traditional sweet kuih-muih and chocolates.
- Drink plain water instead of sweetened drinks.
- Eat fresh fruits instead of canned fruits or sweetened juices.

7 Water Really Matters

- Your body loses fluid continuously during the day through sweating and urination. So don't wait until you feel thirsty to drink. Drink at least 8 glasses a day to stay hydrated. Water can also come from milk, beverages, soups, fruits and vegetables.

