

# CELEBRATING WOMEN'S HEALTH FOR MOTHERS DAY!

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## Focus on Calcium

- *Calcium is important for more than strong bones and teeth, it also helps keep your heart and muscles strong and lowers the risk of high blood pressure and colon cancer. High calcium foods include dairy products, leafy green veggies and calcium-fortified 100% fruit juice. Women over 51 years old need at least 1,200 mg/day.*



## Get enough Folic Acid

- *Every woman over age 14 needs 400 micrograms of folate (or folic acid) every day. This vitamin keeps your red blood cells healthy. Good sources of folate include whole grains, green leafy vegetables, oranges, berries, nuts, and beans.*



**This Month's Featured  
Vegetable is:  
TOMATOES**

## Choose your Fats Wisely

- High saturated fat intake puts you at risk for heart disease. Less than 10% of your calories should come from saturated fats.
- Choose food high in unsaturated fats such as olive oil, avocado, nuts and seeds to help raise your "good" cholesterol
- Get plenty of Omega 3's in foods like salmon and walnuts to promote brain and heart health



## Be Careful with Supplements

*Talk to your doctor or dietitian before taking any supplements. Most of the time getting your nutrients from food is much better than from a pill!*