SUGGESTIONS
AND
POLICY IMPLICATIONS
Suggestions, recommendation and policy implications

1. Balance Calorie Intake. Balance the amount you eat with the amount of energy you burn. For moderately active women between the ages of 25 and 50, this amounts to approximately 2,000 calories per day.

2. 30 minutes Exercise Every Day: Ideally to maintain optimal health women should engage in a minimum of thirty minutes of exercise every day, and should aspire to work towards 50 minutes per day to maintain weight and prevent weight gain. Women who have recently lost weight are recommended to get a minimum of 60 to 90 minutes of exercise daily.

3. Eat nutritious Foods: It is vital that you consume only those foods that might be considered ‘highly dense’ with regard to nutrition. It isn’t enough to simply eat plenty of food; you need to eat the right kinds of food. Eating a variety of foods high in nutrients and low in saturated and Trans fats, cholesterol, added sugars and salt will result in the best possible health outcome.

4. Eat Your Fruits and Vegetables: Women eating 2,000 calories per day, should consume a minimum of 2 cups of fruit and 2 1/2 cups of vegetables every day.

5. Avoid Over-processed Foods: It is vital that you consume as many foods in their natural state as possible. Fresh vegetables, fruit and protein are prime examples.

6. Limit Salt Intake: Americans are consuming far too much salt. The new guidelines suggest that daily sodium intake should not exceed 2,300 mg per day. Not surprisingly, many people are consuming much
more than this, as much as 5,000 mg per day if their diets are high in processed foods.

7. Consume Whole Grains: You should consume a minimum of three servings of grains per day, and aspire to eat whole grains whenever possible.

8. Eat Fish Twice Per Week: Fish, particularly fatty fish such as salmon, contain beneficial fatty acids that promote brain development and proper functioning.

9. Take Small Steps: To maintain weight loss over time and promote a long term healthy outcome, it is important that you make small changes in your diet and activity level, to gradually build your body up to a state of health and well being. Restricting caloric intake suddenly and exercising too strenuously can be dangerous, particularly if you led an inactive lifestyle prior to now.

10. Choose a Variety of Foods: Be creative with your diet and try not to eat the same foods every day. For example, when selecting vegetables incorporate dark green, orange, leafy, starchy, legumes and other vegetables into your diet. Don’t limit yourself to one type of vegetable.

11. Limit Fat Intake: It is important that you limit the amount of fat you consume to between 20 and 35 per cent of calories.

12. Information and health education programmes for women are needed to help them to understand the components of a healthy diet and to ensure adequate access to health services. Further research studies on socio-cultural practices, dietary practices, intra-household food distribution, women's physical activity patterns as well as life styles, seasonal food
insecurity and other related factors are urgently required to obtain a fuller picture of high risk populations for both extremes of BMI.

13 Awareness generation is needed in a campaign mode so that supplementary nutrition does not become substitute feeding, sound food habits should be promoted for preventing non-communicable disease.

14 "WHO's domain is health. But it is clear that without proper education, health suffers And without proper health, good education is not possible. In this our work is linked and it depends on each other ..... An effective school health programme, consisting of four core components, health-related policies, water and sanitation, skills-based health education and school health services – can be one of the most cost-effective investments a nation can make to simultaneously improve education and health."

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