

# WOMEN'S NUTRITION

EATING FOR WELL-BEING THROUGHOUT THE LIFECYCLE



## WOMEN IN THEIR 20'S

In your 20's and venturing out on your own, it's time to hone cooking skills and establish a culinary foundation that will set your future toward a healthy path. Your body is still in prime bone building years until you reach your early 30's, so be sure to enjoy plenty of calcium rich foods like greek yogurt, broccoli and chia seeds, as well as food high in vitamin D, phosphorus and magnesium, other important bone building nutrients.

Women in early adulthood have increased iron needs to replenish their body after their monthly cycle. Aim for 18mg of iron per day, from lean beef, beans, whole grains and dark leafy greens. If you're aiming to have children, include folate in the diet. Folic acid is an important nutrient for healthy development of a fetus. 400 mcg per day is adequate before pregnancy. Include foods like spinach, whole grains, and lentils.

## ENJOYING THE 30'S AND 40'S

As women enter their third and fourth decades, we're working and playing hard. It's important to make nutrition a priority all day. Avoid letting the majority of calories slip into the latter part of the day - have breakfast! Ideally, breakfast should be within 2 hours of waking and include 15 - 20 grams of protein.

Fiber is also crucial for women to thrive in their 30's and 40's. Constipation is much more common in women compared to men, and is impacted by hormone fluctuations and pregnancy. Include at least 25 grams of fiber in the diet each day, from high-quality food sources like beans, nuts, seeds, fruits, vegetables and whole grains.



# NUTRITION FOR WOMEN 50 AND UP

For women nearing or going through menopause, an even distribution of quality protein throughout the day remains important to support hormones and metabolism. Metabolism dips a bit every decade, making protein intake and physical activity a crucial part of a healthy lifestyle. The decreased calorie needs with aging also make it more important to enjoy a nutrient-rich diet. In order to meet nutrient needs without exceeding your lower caloric

requirements, eat plenty of whole foods and go easy on the extras, like foods with added sugars and fats.

Another important factor to promote healthy aging is hydration. Meeting water needs can help stave off constipation, support metabolism and promote healthy skin. Aim for half your body weight in fluid ounces each day.

Increasing Vitamin B 12 intake is beneficial as we reach our 50s.

Vitamin B 12 is important for chronic disease prevention and provides omega-3 fatty acids and antioxidants. After the age of 50, the stomach acid needed to produce vitamin B 12 is reduced, increasing the need for this important vitamin which also supports red blood cells, nerves and energy levels. You can get the 2.4 mcg recommendation per day for women over 50 from lean meats and fish, fortified whole grains or supplements.



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**"EVERY WOMAN'S SUCCESS SHOULD BE AN INSPIRATION TO ANOTHER. WE'RE STRONGEST WHEN WE CHEER EACH OTHER ON.**

**- SERENA WILLIAMS-**

## EATING FOR HORMONE BALANCE

Your diet can either support female hormones to create greater balance, or contribute to more mood swings and hormonal side effects like bloating, spotting and weight gain. Support your hormones through food by aiming for 20 grams of protein at breakfast. From there, eat every 3-5 hours throughout the day. Adequately balanced blood

sugar and insulin also help support hormone balance.

A consistent pattern of properly balanced meals supports hormones, and the quality can impact them even more. Aim for each meal to contain a high-fiber carbohydrate, quality protein, plenty of vegetables and a bit of healthy fat. Try a grain bowl with salmon, roast vegetables and avocado or a skillet dish with brown rice, chicken, and sauteed peppers cooked in olive oil. For snacks, plan for protein plus produce for the best blood sugar and hormone leveling effect. Think hard boiled egg and a clementine, an apple dipped in peanut butter, or hummus with raw veggies.

