



Nutrition Guide

MENSTRUAL CYCLE

Nutrition for the *Menstrual Cycle*



A nutritious diet plan customized for the menstrual cycle can provide various advantages for overall physical and emotional health.

Dealing with menstruation can be challenging due to symptoms like fatigue, bloating, breast tenderness, abdominal cramps, mood swings, and skin breakouts.

Although some people may use heating pads for temporary relief, it is important to take a long-term approach to manage these symptoms effectively.

Nutrition is a crucial factor in managing your menstrual cycle.

Eating a balanced diet can potentially improve your menstrual cycle and alleviate symptoms.

While the ideal diet may differ from person to person, certain foods can offer significant benefits.

Read on to learn more about how individual nutrition can affect the various phases of the menstrual cycle.

Follicular *Phase*

[Day one of menstruation & ends with ovulation - average length 16 days]

During this stage, estrogen levels are starting to rise in preparation for ovulation.

Eat foods that will help to support your estrogen production.

INCLUDE FOODS LIKE:-

PUMPKIN SEEDS

SESAME SEEDS

GARLIC

FLAXSEEDS

POMEGRANATES

EDAMAME

PEACHES

BERRIES

TEMPEH

AVOCADO

GRASS-FED BUTTER

AS WELL AS FERMENTED FOODS LIKE KIMCHI AND SAUERKRAUT.

As your body is coming to the end of the follicular phase, & near ovulation, it needs plenty of

B vitamins to support the release of the egg & help with implantation.



During Ovulation

Estrogen levels peak & energy levels are generally high around days 15-17.

Like the follicular phase, including foods to support your gut health, liver & estrogen metabolism can be beneficial.

Essential fatty acids are crucial during the ovulation phase. These help with blood flow to the uterus & support the opening of the follicle to release the egg.

The best source of omega-3s is from fish and/or fish oil supplements [algae if choosing vegan].

This is also the time to fill your plate with leafy greens, whole grains, eggs, legumes, and lean meat & drink lots of water.

Include some of the following antioxidant-rich, gut nourishing foods during ovulation time...



BROCCOLI
SWEET POTATOES
ASPARAGUS
LENTILS
BEANS
BERRIES
EGGS

CRUCIFEROUS
VEGETABLES
BRUSSEL SPROUTS
KALE
CABBAGE
TURNIPS
BROCCOLI
BEETS

Water is essential in the transportation of hormones and the development of follicles. Additionally, it aids in thinning out cervical mucus, which facilitates the movement of sperm towards the egg.

Optional "natural" supplements:-

Bee pollen
Bee propolis

Luteal Phase

The luteal phase commences once the egg starts its journey down the fallopian tube and concludes with the onset of the next menstrual cycle.

It's helpful to eat foods that will support progesterone production during this stage. Foods high in vitamin C, B6 zinc & magnesium are all helpful for boosting progesterone levels, which will help support pregnancy.

VITAMIN C

VITAMIN B6

ZINC

MAGNESIUM

Progesterone rises & PMS symptoms like moodiness & anxiety are most likely to develop during the luteal phase.

This means that you may be more sensitive to fluctuations in blood sugar as progesterone can cause blood sugar to dip lower than normal.

The fluctuation in hormones during the luteal phase may be why you crave carbs and sugar right before you get your period.

OPTIONAL SUPPLEMENT:-VITEX MAY HELP WITH ABNORMAL HORMONE LEVELS AND/OR IRREGULAR MENSTRUAL CYCLES



Going low carb during the luteal phase won't be helpful.



Instead...include fibre-rich carbohydrates like sweet potatoes, pumpkin, quinoa, and squash.

Healthy carbs the week before your period will help you avoid the processed carbs like chips & ice cream that you may be craving.

Food to Support Progesterone

If progesterone levels are too low or absent, it can result in:

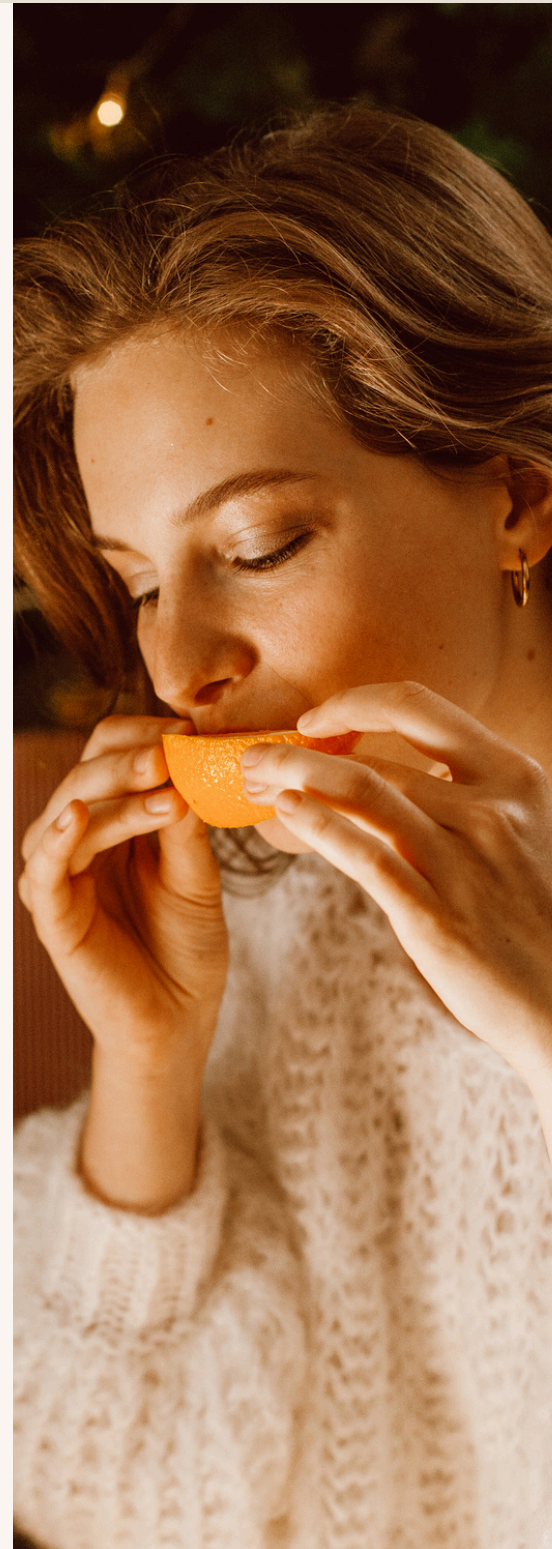
- Irregular and/or heavy menstrual cycles
- Miscarriage & early labour
- Failure of the ovary to release an egg during ovulation

VITAMIN C	VITAMIN B6
<ul style="list-style-type: none">• ORANGES• SWEET YELLOW PEPPERS• GRAPEFRUIT• STRAWBERRIES• TOMATOES• KIWI FRUIT	<ul style="list-style-type: none">• SALMON• LEAN CHICKEN BREAST• FORTIFIED TOFU• SWEET POTATOES• AVOCADO• PISTACHIO NUTS

MAGNESIUM	ZINC
<ul style="list-style-type: none">• SPINACH [COOKED IS BETTER]• PUMPKIN SEEDS• LIMA BEANS• TUNA• BROWN RICE• ALMONDS• DARK CHOCOLATE• AVOCADOS	<ul style="list-style-type: none">• OYSTERS• BEEF• CHICKEN LEGS• FIRM TOFU• PORK CHOPS• PUMPKIN SEEDS• LENTILS• YOHGURT

Other things to consider for progesterone support:-

- 1.Reduce stress
- 2.Maintain a healthy body weight
- 3.Refrain from excessive exercise
- 4.Get enough sleep



Menstrual Phase *Foods*

It's important to maintain stable blood sugar levels during menstruation to avoid putting extra stress on the body.

During this period, the body tends to lose essential nutrients. As a result, it is recommended to consume mineral-rich bone broth and vitamin-rich smoothies to replenish them.

One great way to replenish iron and mineral stores is by consuming healthy comfort foods such as soups and stews.

During this time, it is recommended to consume iron-rich foods such as animal protein, salmon, beans, and leafy green vegetables.

These options are also abundant in B vitamins, which can help maintain energy levels.



Stay *Hydrated*

It's essential to stay hydrated, especially during your menstrual cycle. Drinking plenty of water can help prevent dehydration headaches, which are a common symptom of menstruation. Additionally, consuming enough water can help reduce bloating and water retention.

To promote healthy digestion and decrease bloating, it's recommended to drink at least 64 ounces of water daily. But instead of obsessively counting glasses or measuring fluid intake, monitoring the color of your urine can be an easy and effective way to gauge your hydration levels.

This approach can also help tailor your hydration needs to your individual requirements, taking into account factors such as climate, physical activity, and personal physiology.

The color of your urine can quickly and reliably indicate your hydration status. Pale yellow urine typically indicates adequate hydration, while dark yellow or amber-colored urine suggests that you may need to increase your water intake.

It's important to note that over hydration, or hyponatremia, can occur when the balance of electrolytes in your body is disrupted due to excessive water consumption.

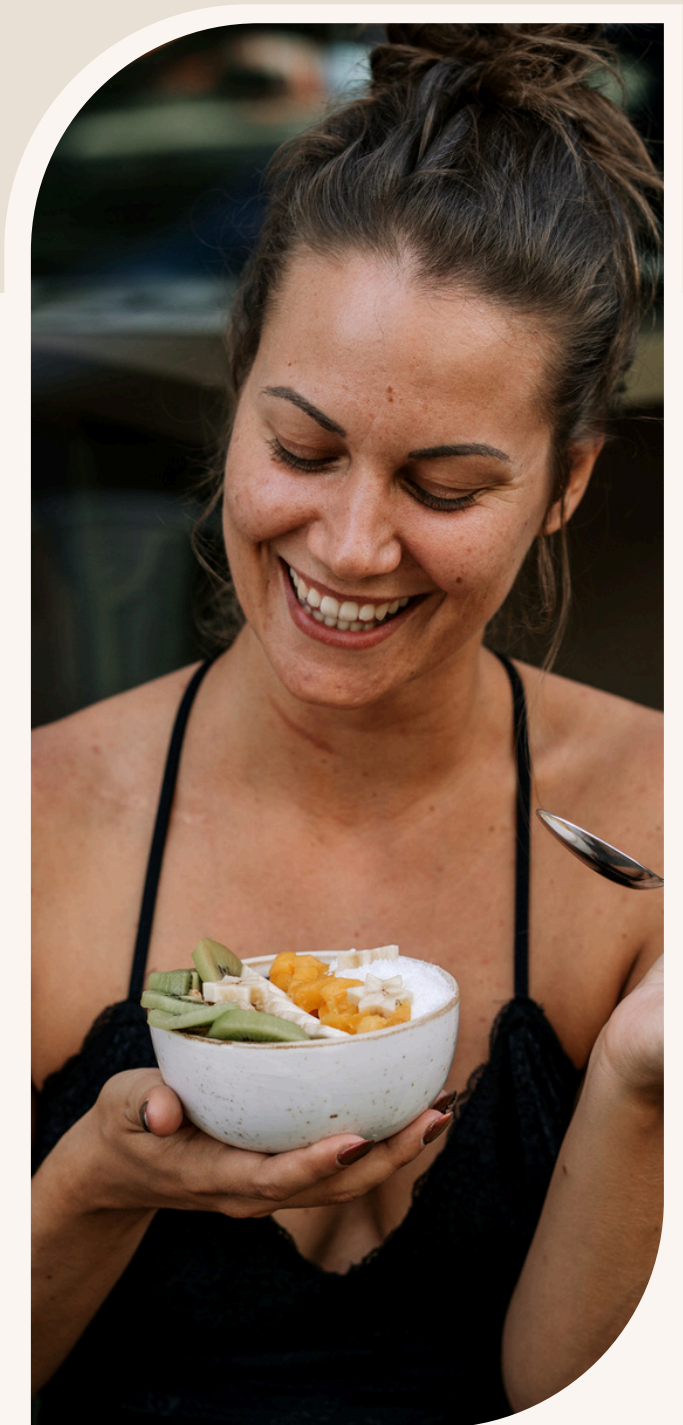
Keeping an eye on the color of your urine serves as a practical and personalized method to assess hydration levels, allowing you to maintain a healthy water intake without the stress of counting glasses or the potential dangers of overconsumption.



In *Summary*

Nutrition plays a crucial role in managing menstrual cycles and reducing associated symptoms. A well-balanced diet helps regulate hormone levels, which in turn can promote regularity and alleviate discomforts like bloating, cramps, and mood swings.

Consuming nutrient-dense foods provides essential vitamins and minerals that aid in reducing inflammation, supporting muscle relaxation, and stabilizing blood sugar levels, ultimately leading to enhanced energy and mood.



By adopting a tailored nutrition plan that focuses on menstrual health, you can experience relief from common period-related symptoms and enjoy improved overall well-being during this natural phase of life.

Medical *Disclaimer*

This information is not intended to substitute for any advice provided to you by a licensed physician or other healthcare professional.

Do not use this information to diagnose or treat a health problem or disease or prescribe medication or other treatment.