



Nutrition Tips for Women



To support International Womens Day on March 8th, we share a number of really useful nutrition tips below.

Do Not Skip Breakfast

One of the most basic nutrition tips for women to maintain a healthy lifestyle is always to eat a nourishing breakfast. Breakfast skipping means overeating later in the day and this may lead to weight gain. Make some time for yourself in the morning and eat breakfast that incorporates lean protein and fibre.

Drink Plenty of Water

A sufficient amount of water intake is necessary for everyone. It becomes more important if you are a woman and have to multitask. You must drink about 8-10 glasses of water every day. Drinking more water will replenish your body with enough fluids and make you energetic. It also means a fuller stomach. This way, you would avoid consuming any unhealthy food items and instead ingest more vitamins and minerals. Other benefits of staying hydrated are that it will be good for your skin, it will avoid cardiovascular and other diseases, and keep you fresh throughout the day.

Eat your Calciums

Apart from keeping your bones and teeth strong, calcium has way more benefits and should be included in the right amount of your diet. Calcium deficiency may lead to irritation, anxiety, depression, and difficulty sleeping. These issues are all the more reasons for making sure that the intake of calcium is enough and it is considered a top nutrition tip for women.

Calcium is also important for regulating your heart's rhythm and maintaining the proper nervous system. When we do not take enough calcium, our body starts to make up for the desired amount from our bones, therefore making our bones weak which may lead to osteoporosis. Dairy products such as yogurt and milk are good sources of calcium. So it is recommended to have one or two glasses of milk every day along with consuming the other sources.

Get Vitamin D and Magnesium

Vitamin D should be compulsorily added to a diet to make it nourishing. Vitamin D is very important for the metabolism of Calcium. So to make full use of the calcium you eat, Vitamin D becomes even more important. Sunlight, Milk, and Eggs and some other dairy products are some good sources of Vitamin D.

Magnesium is necessary because it increases the absorption of calcium from the blood into the bones. Broccoli, leafy vegetables, cucumber, green beans, and seeds are good food groups of Magnesium.

Be An Iron Woman

Iron plays an important role in creating hemoglobin which helps in carrying oxygen in your blood. Women need more iron every day to make up for the loss of iron in blood during menstruation. Iron deficiency anemia is the most common deficiency in women. Iron deficiency can make you lethargic, and exhausted and cause depression-like symptoms. Thus, taking large quantities of iron can be significant for womens' nutritional needs.



An adolescent woman needs about 15 mg /day of iron intake and adult women need 18 mg/day of the same. So make your diet iron-rich by adding nuts and sunflower seeds, whole grains, beans, and dark leafy vegetables like spinach.

Be Ready For Vitamin B

Folic acid or folate is a part of the Vitamin B group and is essential for overall health. It is even more important for women who are planning a pregnancy because folate deficiency may increase the risk of neurological birth defects. Folate is an essential nutrient for any woman of childbearing age. Folic acid fights against cancer and heart disease. Thus, it is beneficial for women to have a diet including folate. Nuts, Cereals, Kale, Bread, Pasta, Beans, and Peas are some foods rich in Folate.

Say No to unhealthy fats

A well-balanced diet includes healthy and essential fats like Omega-3. These fats will help keep your hair, skin, and nervous system healthy. These fats are helpful in fighting inflammation and are important in brain health. You should avoid unhealthy fats like saturated fat. Salmon, tuna, nuts, and leafy vegetables are rich in good fats and should be included in your diet.

Eat Less And More Frequently

Womens' nutrition needs vary according to their daily routines. If you are a working woman, you may grow hungry soon after your meal because of work exhaustion. In such cases, we tend to overeat snacks while waiting for the time of our next proper meal. This may lead to weight gain and unhealthiness in your body. To avoid the above, you may eat small but frequent meals. Do not worry about the set breaks, find time for yourself and eat one little portion to keep yourself full.

Take your Multivitamin

Multivitamins would help you compensate for the shortage of vitamins in your meals. However, they cannot and should not be substituted for natural vitamin-rich fortified foods. Multivitamin tablets should be considered an add-on and taken to boost your power. One multivitamin will energize and nourish the major systems of your body.

Chew on a Gum

Chewing gum between your meals may help you largely here in this case. It has been found that chewing gum decreases appetite and reduces food cravings which further also reduces instances of weight gain. One healthy meal will not be enough, it is necessary to maintain a healthy diet and chewing gum may help you stay on track. Choose a gum that has no added sugar and win a healthy bonus.

Smart Snacking

Some best snacks you may have, to maintain a nutritious diet include almonds, dried fruits, processed foods, fulfill energy bars, protein bars, canned vegetable juice, and ready-to-eat fortified cereals.

Have Chocolate

Dark chocolate reduces calorie consumption, has heart-healthy flavonoids, and reduces the risk of heart disease. It also reduces the desire to eat something sweet. Be sure to intake one or two pieces of dark chocolate every day. So go ahead and curb your sweet tooth.



Cut Down Caffeine Intake

When you are multitasking or working under pressure, you may feel the need to have more caffeine. This is mostly the case with working women who gulp down one, two, three, four, or more glasses of coffee under work pressure. However, this huge amount of caffeine will not be good for your health. Caffeine will leave you dehydrated and affect your bones by leaching out calcium. Try to limit your caffeine consumption to at most two cups.

Say No To Alcohol

The case with caffeine also goes for alcohol, one or two drinks during a party won't do much harm but regular intake of alcohol will majorly affect your health. In order to have a nutritious and healthy diet, it is advisable to reduce the consumption of drinks with alcohol.

Workout and Rest

Only eating nutritious foods will not keep your body healthy. Regular physical activity and undisturbed sleep for at least 7 hours are some other factors that play a vital role in meeting the basic nutrients of your body. So, take a walk, hit the gym, or play your favorite sport and get a good night's sleep to remain healthy.

Many women are used to neglecting their dietary intake. Many families are also used to neglect women's nutrition. The deficiency of nutrients leads to many problems like anxiety, stress, dehydration, depression, and cardiovascular and neurological diseases. It is best to avoid these ailments by simply having healthy nutrients in your body. Plan your meals ahead and carry your favorite healthy snacks with you. Take one tiny step towards your own well-being.