

## Eat to Beat PMS

Premenstrual syndrome (PMS) is a real condition that can cause headaches, fatigue, muscle pain and other symptoms. Key nutrients may help prevent discomfort.

**Calcium:** In one study, women who consumed the most calcium had 30% lower risk of PMS. Try broccoli and kale.



**Magnesium:** May provide menstrual migraine relief. Top sources include spinach, almonds, halibut and black beans.



**Chamomile Tea:** May help relieve muscle spasms according to British researchers.



**Vitamin E:** May reduce menstrual pain, according to research. Top sources include sunflower seeds, almonds and hazelnuts.



**Thiamin (B1) and Riboflavin (B2):** Research has linked higher intake with lower risk of PMS. Top sources of B1: Yellowfin tuna, green peas. B2: clams, trout, mushrooms.



## What Women Don't Need

**Excess Alcohol:** Besides increasing women's risk of breast cancer, excess alcohol intake damages women's brains more than men's.



**Refined Sugar:** Excess sugar is linked to risk of diabetes, hypertension, obesity and heart disease. Enjoy dessert in moderation and avoid sugar-sweetened beverages.



**Animal Fats:** Too much saturated fat may raise your risk of breast cancer and endometriosis. Choose lean proteins like fish and poultry.



**Low-Carbohydrate Diet:** Excessive protein consumption can affect fertility. Include whole grains in your diet.



**Smoking:** Women smokers are three times more likely to develop lung cancer and smoking also damages fertility. Don't smoke.



**Mercury:** If pregnant or nursing, avoid "large" fish like swordfish, and choose lower mercury options like wild salmon.



## What Women Need

**Proanthocyanidins:** May help fight urinary tract infections.

cranberries



blueberries



broccoli



**Calcium:** After menopause, women need more calcium to maintain bone density.

almonds



canned salmon



collard greens



**Prebiotics & Probiotics:** These foods promote beneficial bacteria in the gut that may help fight yeast infections and stomach distress.

plain low-fat yogurt



artichokes



bananas



For more information about what women need and how to get it, including recipes, visit us on [Dole.com](http://Dole.com)

## What Women Need

It's no news flash that men's and women's bodies are different. Some differences (hormonal cycles, body composition, etc.) translate into special dietary needs.

**Folate:** Heart-healthy nutrient that also lowers the risk of birth defects.

spinach



Brussels sprouts



broccoli



**Fiber:** Fills you up, lowers cholesterol, and keeps you regular.

beans



grains



raspberries



**Iron:** Because of monthly cycles, women are at greater risk of anemia.

spinach



tuna



lentils



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WOMEN'S HEALTH

Health and Wellness Series #7



# Top Ten Health Tips For Women

Listed here are ten top health tips for women to stay healthy and to live longer, fuller lives.

## 1

### Break the Fast

Get your metabolism going in the morning by eating a healthy breakfast with a mix of protein and fiber, such as low-fat yogurt and fruit or an egg white omelet with veggies.



## 2

### Keep Hydrated

Drink water, and lots of it. Water helps manage hunger, prevents fatigue, and keeps skin hydrated and looking fresh.



## 3

### Stretch It Out

Sneak in stretches throughout the day to boost circulation, ease back pain, and help relieve stress.



## 4

### Don't Go Hungry

Keep your blood sugar level. Eat small, healthy meals regularly and keep fruit and veggies handy for snacks.



## 5

### Get Moving

Aim for 30 minutes of exercise per day to boost your mood, strengthen your heart and bones, and keep energy levels high.



## 6

### Focus on Fiber

Eat a variety of whole grains, fruit and vegetables including berries, broccoli and bananas. Fiber helps fill you up, keeps you regular, and is good for heart health.



## 7

### Cut the Junk

Snack on whole, minimally processed foods that are naturally lower in sugar and salt. Unsalted nuts, whole fruit, and sliced vegetables are smart snack choices.



## 8

### Bone Up

Include calcium-packed foods in your diet to prevent bone density loss. Good sources are spinach, tofu, almonds, white beans and low-fat dairy.



## 9

### Pump Up the Iron

Boost iron stores by filling up on plant-based iron-filled foods like lentils, spinach and almonds.



## 10

### Sleep Through the Night

Set a sleep schedule and stick to a bed time. Lack of sleep has been linked to several health problems, including obesity.



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