Nutrition

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Nutrition on your cycle

- As your body changes throughout your cycle, some people recommend “cycle syncing” which is the practice of aligning your diet, exercise, and daily habits with the phases of your cycle
- The extent to which an individual chooses to apply these practices differs, but in general there are beneficial dietary changes that women can make regardless of how seriously they choose to commit to them



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The Mensus phase

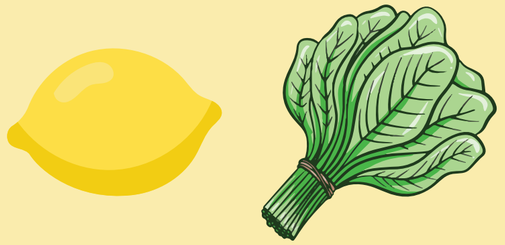




- During the menstrual cycle, most women crave “comfort foods,” however, eating poorly can often worsen the symptoms of PMS
- If possible, eat foods rich in omega-3 fatty acids, like salmon, flax seeds, or walnuts
    - These foods have anti-inflammatory properties which could potentially reduce menstrual cramping
- Also, when losing blood, your body loses iron, which is a vital nutrient
    - Iron is carried in the blood stream and is responsible for the making the proteins that carry oxygen to the blood

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Iron



- When iron levels are low, individuals feel fatigue, shortness of breath, and lightheaded
- More than 1.2 billions individuals worldwide have iron deficient anemia
    - It is very common in menstruating women and hispanic, black, and asian women
- Eating red meat, seafood, iron-enriched cereals, dried fruit, nuts, legumes, beans, and green leafy vegetables can be good sources of iron
- Get your blood tested and speak to your physician if you are concerned about iron deficiency
- Make sure to also eat foods high in vitamin C such as citrus and bell peppers to increase the absorption of iron

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The Follicular Phase

- Continue to maintain an iron-rich diet
- As your energy levels bounce back, eat lean proteins and complex carbohydrates like chicken, fish, tofu, brown rice, quinoa, and oats
- Additionally cruciferous vegetables (like broccoli, cabbage, cauliflower, brussels sprouts, etc.) can help balance estrogen levels



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Ovulation

- The ovulation phase typically requires similar nutrients to the follicular phase
- Make sure that you are still fueling your body appropriately
- Most women typically experience a spike in energy during this time, so if you are exercising more than usual, make sure that you eat sufficiently to fuel your body

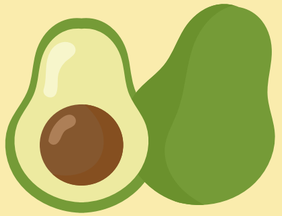


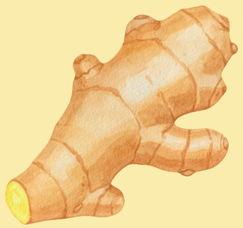


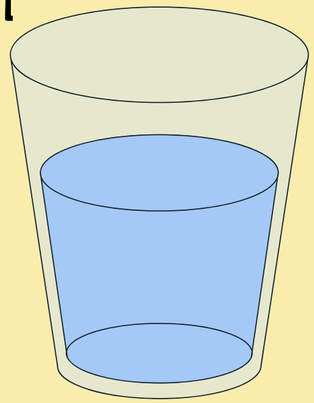
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The Luteal Phase

- The increase in progesterone during this time period often causes bloating, so eat fiber and anti-inflammatory foods to lessen any of this discomfort
- Fruits, vegetables, and healthy fats are also good alternatives
- Some doctors recommend limiting caffeine and high salt foods
- Make sure to drink lots of water to stay hydrated as well
- Ginger and cinnamon in small quantities also can be beneficial







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Cravings

- During their period or luteal phase, a lot of women have cravings for specific foods
- For healthier craving options, try dark chocolate, frozen fruits, or nuts
- Indulging in sweet or high in trans fat can be moderated by staying mindful to avoid excessive overconsumption



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Calcium

- From ages to 11-14, girls should try to eat the daily recommended value of calcium (1300mg/d)
- Some studies suggest calcium intake is most beneficial during daylight hours
- Most bone mass is set by age 20
- Great sources of calcium include milk, yogurt, cheese, soy milk, and leafy greens (collard greens, kale, etc.)





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Underfueling



- After exercising, the body needs proper sources of energy to replenish itself, therefore refueling with carbohydrates like pasta or bread can support muscle recovery and constant energy levels
- Studies show decreased vitamins and minerals in teenagers who skip breakfast
- Without sufficient energy, the body is unable to make the neccesary proteins, resulting in injury, illness, and loss of strength and power



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For sources and citations, please see here:

https://docs.google.com/document/d/1FkPsT6ZxSg7BThoxeKLjadrmCZ4_qCbjrVkpth89SLU/edit?tab=t.0

or visit projectflowfit.com