

INTERNATIONAL WOMEN'S DAY

Women's Health & Nutrition

Nourish Your Body at Every Stage of Life

Focus on Key Nutrients

Women need specific vitamins and minerals for optimal health.

Iron

Important for energy levels and menstrual health



Lean meats, beans, spinach, lentils

Calcium

Essential for strong bones and teeth



Dairy products, fortified plant-based milk, leafy greens

Folate

Crucial for reproductive health, especially during pregnancy



Leafy greens, lentils, citrus fruits, nuts

Healthy Eating at Every Stage

Adolescence



- Iron-rich foods for growth and energy
- Calcium for bone development

Pregnancy



- Folate to prevent birth defects
- Protein, iron, calcium for baby's development

Menopause



- Calcium & vitamin D for bone health
- Hormone-balancing foods like soy, flaxseeds

Healthy Lifestyle Tips

- Stay Hydrated - Drink plenty of water
- Exercise Regularly - Aim for 150 minutes per week
- Manage Stress - Practice relaxation techniques

♥ Manage Stress

- Practice relaxation techniques
- Get Regular Check-Ups

Screenings like mammograms, pap smears, and more.



Women's Health & Nutrition

Nourish Your Body, Empower Your Life!

Eat a Balanced Diet

- Fruits & Vegetables
- Whole Grains
- Lean Proteins
- Healthy Fats



Key Nutrients for Women

- Iron
- Calcium
- Folic Acid
- Vitamin D
- Omega-3s



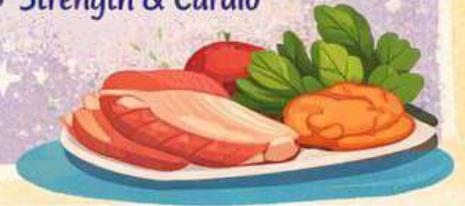
Stay Hydrated

- Drink Plenty of Water
- Limit Sugary Drinks



Exercise Regularly

- 30 Minutes a Day
- Strength & Cardio



Hormonal Health

- Manage Stress
- Get Enough Sleep
- Track Your Cycle



Maintain a Healthy Weight

- Mindful Eating
- Portion Control
- Avoid Crash Diets



Schedule Regular Check-Ups

- Gynecological Exams
- Bone Density Tests
- Heart Health Screenings



Take Care of Yourself, You Deserve It!