

## 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 (B<sub>1</sub>) and Riboflavin (B<sub>2</sub>):** Research has linked higher intake with lower risk of PMS. Top sources of B<sub>1</sub>: Yellowfin tuna, green peas. B<sub>2</sub>: 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.



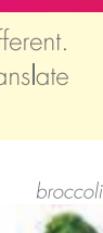
**Animal Fats:** Too much saturated fat may raise your risk of breast cancer and endometriosis. Choose lean proteins like fish and poultry.



**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.



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



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



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.



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



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



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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

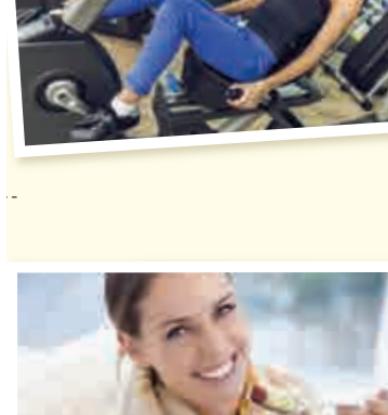
Get your metabolism going in the morning by eating a healthy breakfast with a mix of protein and fiber, such as low-fat yogurt and fruit or an egg white omelet with veggies.



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## Keep Hydrated

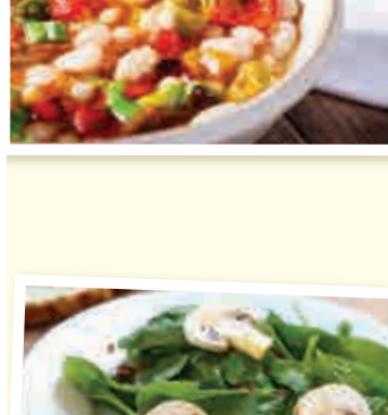
Drink water, and lots of it. Water helps manage hunger, prevents fatigue, and keeps skin hydrated and looking fresh.



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## Stretch It Out

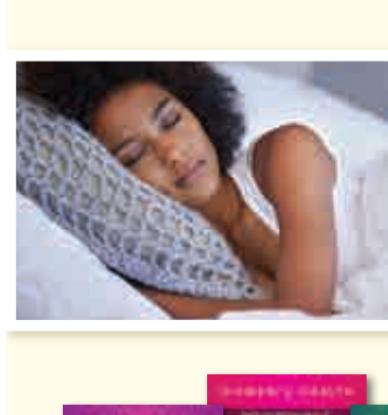
Sneak in stretches throughout the day to boost circulation, ease back pain, and help relieve stress.



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## Don't Go Hungry

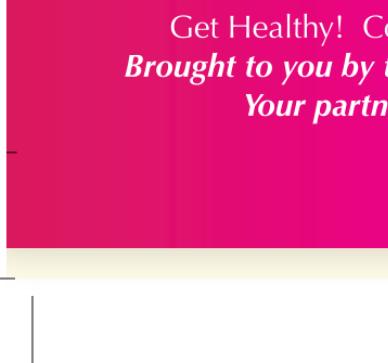
Keep your blood sugar level. Eat small, healthy meals regularly and keep fruit and veggies handy for snacks.



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## Get Moving

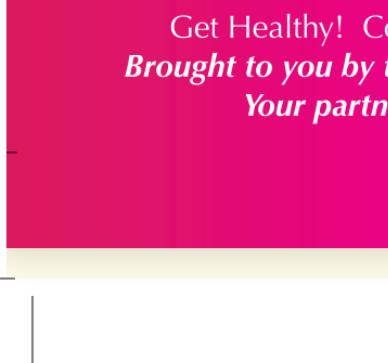
Aim for 30 minutes of exercise per day to boost your mood, strengthen your heart and bones, and keep energy levels high.



6

## Focus on Fiber

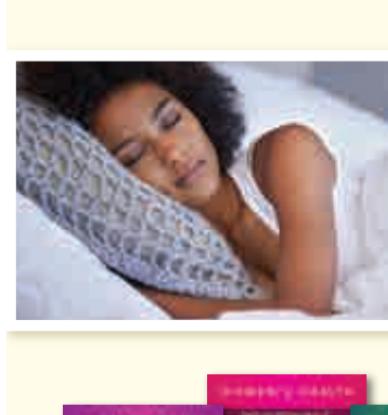
Eat a variety of whole grains, fruit and vegetables including berries, broccoli and bananas. Fiber helps fill you up, keeps you regular, and is good for heart health.



7

## Cut the Junk

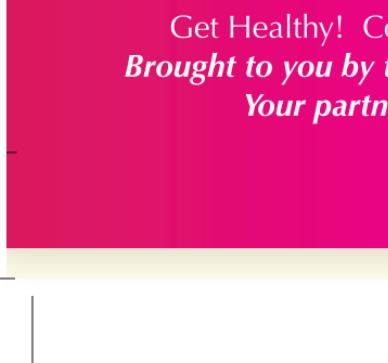
Snack on whole, minimally processed foods that are naturally lower in sugar and salt. Unsalted nuts, whole fruit, and sliced vegetables are smart snack choices.



8

## Bone Up

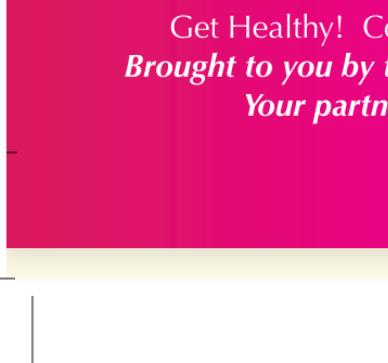
Include calcium-packed foods in your diet to prevent bone density loss. Good sources are spinach, tofu, almonds, white beans and low-fat dairy.



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## Pump Up the Iron

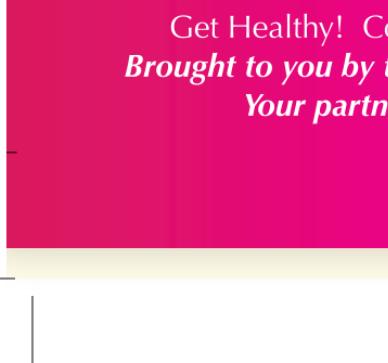
Boost iron stores by filling up on plant-based iron-filled foods like lentils, spinach and almonds.



10

## Sleep Through the Night

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



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