

# Essential nutrients for keeping up a woman's health

From puberty till menopause, there are a lot of physical changes in a woman's body that can lead to serious illnesses in old age. However, if good care is taken like having a proper nutritious diet, regular physical exercise and a routine medical follow up, then a lot of big issues posing damage to the health of a woman can be avoided.

If you are a woman then one thing you must know is that your family's health and well-being may completely depend upon you. Therefore it is a must for you to keep healthy; and good health starts with good foods that you eat. You should always eat a healthy nutritious and of course a well balanced diet. It not only helps to boost your immune system but also help you to maintain a general health. You cannot maintain a nutrient rich diet unless you know about the nutrients required by your body. If not all, then you must at least know about the essential nutrients. Here we have a list of 5 important nutrients that should be contained in the [diet of every woman](#).

**Calcium:** this is one of the most essential minerals that help in fighting osteoporosis and stress fractures. This is required for maintaining bone health. An average of 1,200 to 1,500 mg of calcium per day is required by your body, which can be fulfilled by including dairy products like skimmed milk, yogurt and cheese, veggies like broccoli and turnip greens in your diet. You can also take calcium supplements along with vitamin D for its absorption.



**Folic Acid (Folate):** a deficiency of folic acid may although not affect your everyday performance, but it may have a great impact on your overall health. This particular nutrient is helpful in preventing genetic diseases, colon cancer and cardiac diseases and also keeps off certain birth defects in our babies. About 400 micrograms of folic acid per day can be introduced by eating whole grain bread and cereals, and plenty of green leafy vegetables like spinach.

**Fiber:** this is another essential nutrient for your body that helps to keep your digestive system on track and also helps maintain your body weight. Around 20 to 35 grams of fibrous diet is necessary everyday to combat digestive problems and keep away colon cancer. Raw vegetables like carrot, radish and celery and fruits like apples, pears, as well as whole grain cereals are rich sources of fiber.

**Iron:** females are more prone to being anemic because of deficiency of iron. At least 15mg to 18mg of iron is required by a female to fight anemia and several other [women's health](#) issues. Iron can be included in your diet by eating red meats, seafood, chicken, beans, and green vegetables. Iron is also necessary for menstruating women along with vitamin C for its absorption.

- **Potassium:** this is an electrolyte required to keep your nervous system in shape, keep your blood pressure normal and also tone your muscles. Around 4700mg of potassium is required by your body per day. Include foods like

bananas, grapefruits and avocados, broccoli, carrots, nuts and seeds in your daily diet for eliminating potassium deficiency.