

Healthy diet for women to stay fit

In order for a woman to stay fit and active she must eat a healthy and nutritious diet. Along with providing good nutrients to the body, a well-rounded diet is a must for a woman to keep her energized as well as looking and feeling great throughout her life. Here we have certain healthy food tips that will help every woman to maintain her health:



- Include fruits and vegetables in your diet along with beans, legumes and other fibrous meals that keep you full for long. Make sure that these foods are minimally processed and locally grown.
- Since a woman is more prone to getting osteoporosis than a man, she should make sure to add calcium rich foods in her diet to support bone health.
- Although protein is considered to be an essential nutrient in a healthy diet, animal-based protein or a diet with excess of protein levels can be dangerous for a woman. An excessive

level of protein in a woman's body can lead to a loss of calcium from bones that may subsequently lead to osteoporosis.

Consuming iron rich food is another important thing that a woman should keep in mind. Iron which is an important mineral for maintaining a [woman's health](#), is heavily lost during the menstrual cycle. It is therefore important for women to eat iron rich foods to assist in preventing anemia.

A woman should cut back on the consumption of alcohol and also caffeine. Consuming a high quantity of alcohol can lead to a loss of calcium and can cause osteoporosis. Caffeine consumption on the other hand can interfere with the hormonal balance.

Along with a healthy diet, a woman may also take iron and calcium supplements, mainly to make sure they do not face the deficiency of these two minerals. Also Vitamin D supplements are important for a woman. Vitamin D helps in the absorption of calcium, and vitamin C supplements helps in the absorption of iron.

Here is a list of a few of the essential foods that a woman must include in her daily diet:

Milk: milk is one of the most essential dairy products that every woman must necessarily include in her diet as it is one of the richest sources of calcium and other nutrients like

riboflavin, vitamin B12, potassium. Besides getting strong teeth and healthy bones, it also helps in cutting the risk of breast cancer.



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Vitamin C rich fruits: fruits rich in vitamin C like strawberries, papaya, orange, grapefruit, guava, apples, and citrus fruits should also be included in a woman's diet. Vitamin C of these fruits is a powerful antioxidant and also reduces the risk of coronary heart disease.

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Green Vegetables and whole grains: green vegetables like cabbages, spinach, kale, broccoli, lettuce, and various others possess a number of health benefits. Along with fiber, these include a range of essential vitamins and folates. Whole grains like oatmeal take care of the digestive system and reduce the risk of diabetes.