

Women's Health and Nutrition



Diseases like heart disease, breast cancer, and osteoporosis are some of the most common illnesses that a woman suffers today. These hazardous diseases along with many others can however be altered by changing your sedentary lifestyle and adopting a more healthier routine. Regular exercise along with a nutritious diet for women is very important for maintaining health and getting rid of various diseases, even those that have a risk of life. In this article, we will be discussing a few essential nutrients required by every woman to stay strong and fit throughout her life.

When you consume the recommended servings of the major food groups that contain essential nutrients, your body becomes

strong enough to literally combat almost every disease that can interfere with your daily life. Here we have a list of six of those essential nutrients, incorporating them in your daily diet can do wonders for you by helping you maintain a proper metabolic function, hormone balance and bone strength.

Magnesium: this mineral is required in about 300 enzyme and metabolic reactions in the body of a woman. It's deficiency can cause headaches, irritability, weakness, irregular heartbeat, constipation, and insomnia. Magnesium is required in your body to keep nerves and muscles functioning normally. It also helps in keeping up with a healthy immune and metabolic system. Green leafy vegetables, seaweed, avocado, nuts, chocolate, beans, brown rice and millets contain magnesium and should be included in a women's diet.

Calcium: If you want to manage your bone health and prevent diseases like osteoporosis, you must include calcium rich foods in your diet. Besides maintaining the health of your bones and teeth, this mineral is also required for nerve transmission, intracellular signalling, and hormonal secretion. Dairy products like milk, cheese, yogurt etc. and non dairy products like sea vegetables, cabbage, kale and broccoli as well as juices and cereals must be included in your diet.

Iron: this mineral is essential for the body as it enhances the hemoglobin protein that is required to carry oxygen in the blood. A deficiency of iron causes fatigue, weakness, less immunity, anemia and a lesser amount of hemoglobin. Iron rich food sources include red meats, fish and plant food sources like lentils, beans, molasses, dried apricots, and raisins.

Zinc: this is an essential mineral known to boost the immune system in your body by increasing the white blood cell count. It is also required for the functioning of many enzymes, regulating hormones, the tissue healing process and also increases the fertility of a woman. Oyster and pumpkin seeds,

beans, nuts, whole grains and various meat products are rich sources of zinc and therefore necessary to be included in your diet.

Iodine: iodine is an essential mineral known to prevent and also treat many thyroid problems such as thyroid gland enlargement, which in turn can lead to breast cancer. The deficiency of this mineral can effect the metabolism, nerve and muscle functions, nails, skin, hair, teeth, and has profound effects on mental and physical growth of the body. Therefore iodine rich foods including seafood and sea weeds should be included in your diet.