



GOOD HEALTH MATTERS

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Program: Nutrition for women at every age



Goal of the session: Today's woman is confident, self-assured and poised to give her best at everything she ventures into. Taking on many different roles during the course of days, weeks and months can often lead to women compromising on their health and well-being. The hectic work schedules combined with a wide array of responsibilities often entail skipping meals, taking enormous amounts of stress and being prone to fatigue and illness. With the popularity of crash dieting and the influence of social media on our eating habits, nutritional deficiencies are common, especially among young women.

Moreover, women's nutritional needs change during menstruation, pregnancy, breastfeeding and menopause. Hence, she needs special care to ensure her well-being.

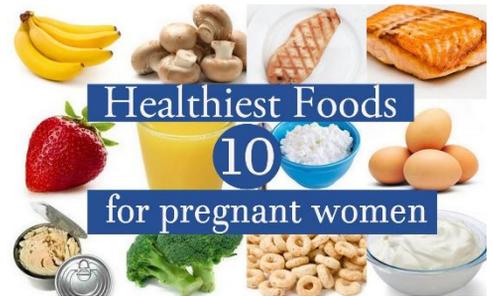


Nutrition in the

Details: 20's is important for building up the nutritional status. This is the last chance for building new bones. Hormones that build muscles are still at their peak. This is also the time when metabolism starts to slow down so it's important to keep a check on body weight. Exercise becomes more important.

Nutritional requirements during pregnancy

During pregnancy there is an increased fat deposit to meet the baby's growth demands so a mother-to-be must consume an additional 300Kcal, 15gms of protein and 10gms of fat from mid-pregnancy and an additional 500 calories, 25gm of protein and fat per day during lactation. In addition, certain specific nutrients must be especially consumed during pregnancy-



- Iodine helps in the mental development of the fetus. Iron- to meet the demand for an increased blood volume during pregnancy and to make up for blood loss during delivery. Iron requirements also go up because of red blood cells of the baby being formed. Legumes, dried fruits and green leafy vegetables, meat, fish and poultry products are good sources of iron. Vitamin C aids in better absorption.
- Folic acid should be taken in adequate amounts to prevent congenital malformations. In fact, if you are planning a pregnancy then start supplementation before conception under your doctor's advice. Green leafy vegetables, legumes, and nuts are good sources of folic acid.
- Calcium is essential for proper bone formation and breast milk secretion.
- Vitamin A is critical for the child's survival during lactation.





Importance of Supporting heroes – Calcium, Vitamin D, Iron and Folic Acid for women at various life stages.

As women, many are prone to neglecting their own dietary needs. They may feel they're too busy to eat right, or are used to putting the needs of their family first, or trying to adhere to an extreme diet that leaves them short on vital nutrients and feeling cranky, hungry, and low on energy. All this can add up to serious shortfalls in a women's daily nutrition. While what works best for one woman may not always be the best choice for another, the important thing is to build one's dietary choices around their vital nutritional needs. Whether they are looking to improve their energy and mood, combat stress or PMS, boost fertility, enjoy a healthy pregnancy, or ease the symptoms of menopause, these nutrition tips can help them to stay healthy and vibrant throughout their ever-changing life. Thus stressing on the importance of some vital nutrients that play a major role in women's health.

Nutrition during Menopause

As we age, our nutritional needs change, no matter how young at heart we are. At this stage, most women go through menopause. The hormonal changes bring with them mood swings, hot flushes, weight gain etc. Menopause isn't a disease, it is a natural part of a woman's life cycle. A decrease in the secretion of ovarian hormones, especially oestrogen, has also been associated with an increased risk of heart diseases and hypertension. Women need to eat well and exercise to delay or prevent health issues associated with older years. Other than this, osteoporosis, dental health and constipation are common problems faced by older adults.

- We need fewer calories as we grow older because our BMR slows down with age. Choosing nutrient-rich foods like whole
- grains, fresh vegetables, fruits are recommended.
- Go easy on the fats and sugars.
- Choose healthy proteins in every meal.
- To avoid constipation, eating fibre rich foods is recommended.
- Adequate calcium in your daily meals helps maintain your bone structures. Consume at least 600mls of milk and milk products daily.

- Vitamin D can be achieved by spending at least 15-20 minutes in the sunshine but if you need supplementation, please get your doctor to prescribe your dose.
- Iron is another important nutrient so green leafy vegetables, lean meat, poultry, beans are good sources of iron.

Reading Nutrition Labels - Give the gift of good health to your family members and young ones



95% of shopping for any household is done by women, so it is important to make them aware of reading food labels correctly as it can affect the eating habits and nutritional intake of the entire family.

Since consumers are more health-conscious than ever, so some food manufacturers use misleading tricks to convince people to buy highly processed and unhealthy products. In this session, we will discuss the most common misleading claims like:

- Multi-grain
- Organic
- Low calories
- Low Fat
- Zero Added Sugar
- Fortified with Vitamins

Smart Cooking - Ensuring nutrition in every bite of your meal.

By adding simple Indian superfoods to our daily meals, we can ensure that our family is having a very well-balanced diet.

Eg.: Curd can be added while making dosa or uttapam batter making it more tastier as well as nutritious.

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