

Nutrition in women

Sheenu Sanjeev

Nutritionist, Founder Healthyfy Solutions, India.

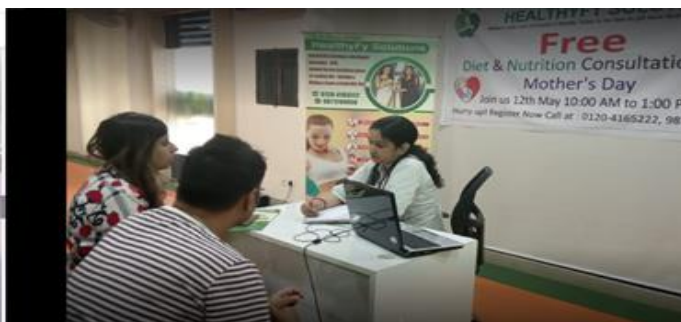
Abstract

Eating healthy and wholesome diet is essential for all irrespective of age and gender. But for women there are some specific nutritional needs which should be addressed owing to the hormonal changes which she goes through during different stages of her life like: puberty, menstruation, pregnancy, lactation, and menopause. These changes are physically and mentally very energy demanding. If nutritional needs are not optimum these may lead to drained energy levels, higher risk of anaemia, weaken bones, osteoporosis. A wholesome balanced diet will not only keep the body healthy but also keep the hormones balanced. You will feel more content owing to a wholesome diet. Among the balanced diet there are specific things to keep the emphasis. Calcium for strong bones: with all the hormonal changes there is increased probability of loss of calcium from bones as women age which may lead to problems like: mood swings, anxiety, depression, irritability, sleep disturbance and osteoporosis. Therefore right amount of calcium is important as per age. For an adult women age 19-50 the RDA is 1000 mg/day and women over 50 the RDA is 1200 mg/day. Good sources of calcium include: dairy products, leafy green vegetables, certain fish, grains, millets, tofu.

Conclusion: All in all, a well-balanced, wholesome diet is a holistic approach to be stable in all these changes and fluctuations happens throughout the life cycle of a women.

Biography:

Sheenu Sanjeev is Founder of Healthyfy Solutions and received Best Dietitian_Nutritionist North India 2018. Experienced Owner with a demonstrated history of working in the health wellness and fitness industry. Skilled in Weight Management, Clinical Diet & Nutrition, Nutritional Counseling, Child Care Nutrition, Holistic Healing, and Pilates and other fitness Instruction. Strong business development professional with a "Principles of Nutrition" focused in Nutrition & To treat diseases through nutrition from Nutrilite Health Institute, California.



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