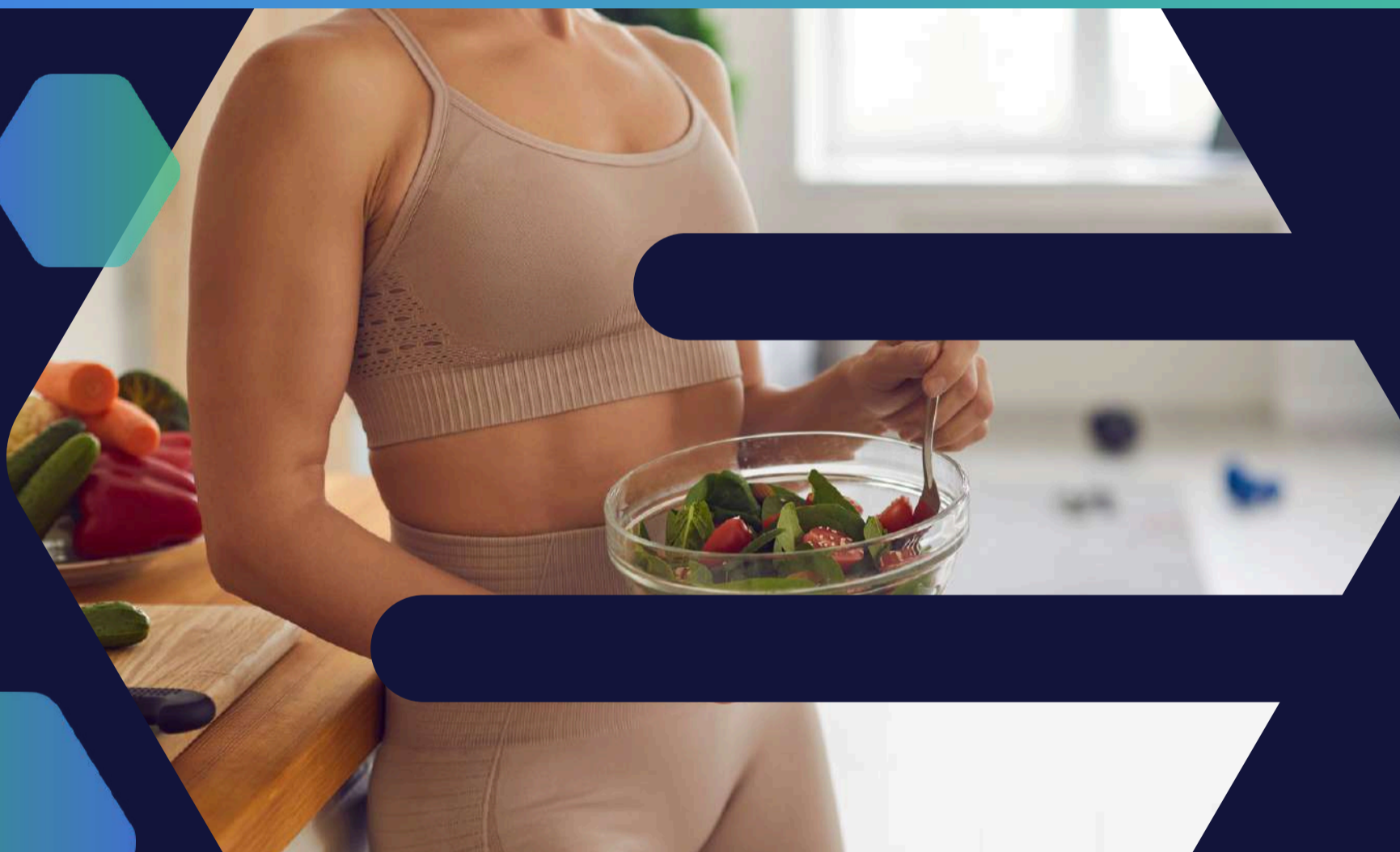




Foods to Fuel Females



Women-Specific Nutrient Needs

IRON

Recommendation:¹
18 mg/day
27 mg/day during pregnancy
8 mg/day for men

Rationale: Women, especially of reproductive age, require higher iron intake due to menstrual blood loss. Iron deficiency is more prevalent in women, leading to fatigue and impaired cognitive function.²



Good sources:³

Beans, peas, and lentils
Green vegetables (asparagus, broccoli, spinach)
Meat (beef, poultry, seafood, liver)
Nuts & seeds



CALCIUM

Recommendation:¹
1,000–1,200 mg/day
same during pregnancy & for males

Rationale: Adequate calcium intake is important for women to support bone health, especially post-menopause when bone density declines. Osteoporosis risk increases significantly in women due to hormonal changes.⁴



Good sources:³

Dairy products

Fortified products (orange juice, soy, cereal)

Green vegetables (kale, broccoli, collard greens)



FOLATE

Recommendation:¹
400 mcg/day
600 mcg/day during pregnancy
400 mcg/day for males

Rationale: Women of childbearing age need more folate (vitamin B6) to prevent neural tube defects during pregnancy. Folate is critical for DNA synthesis and cell growth.⁵



Good sources:³

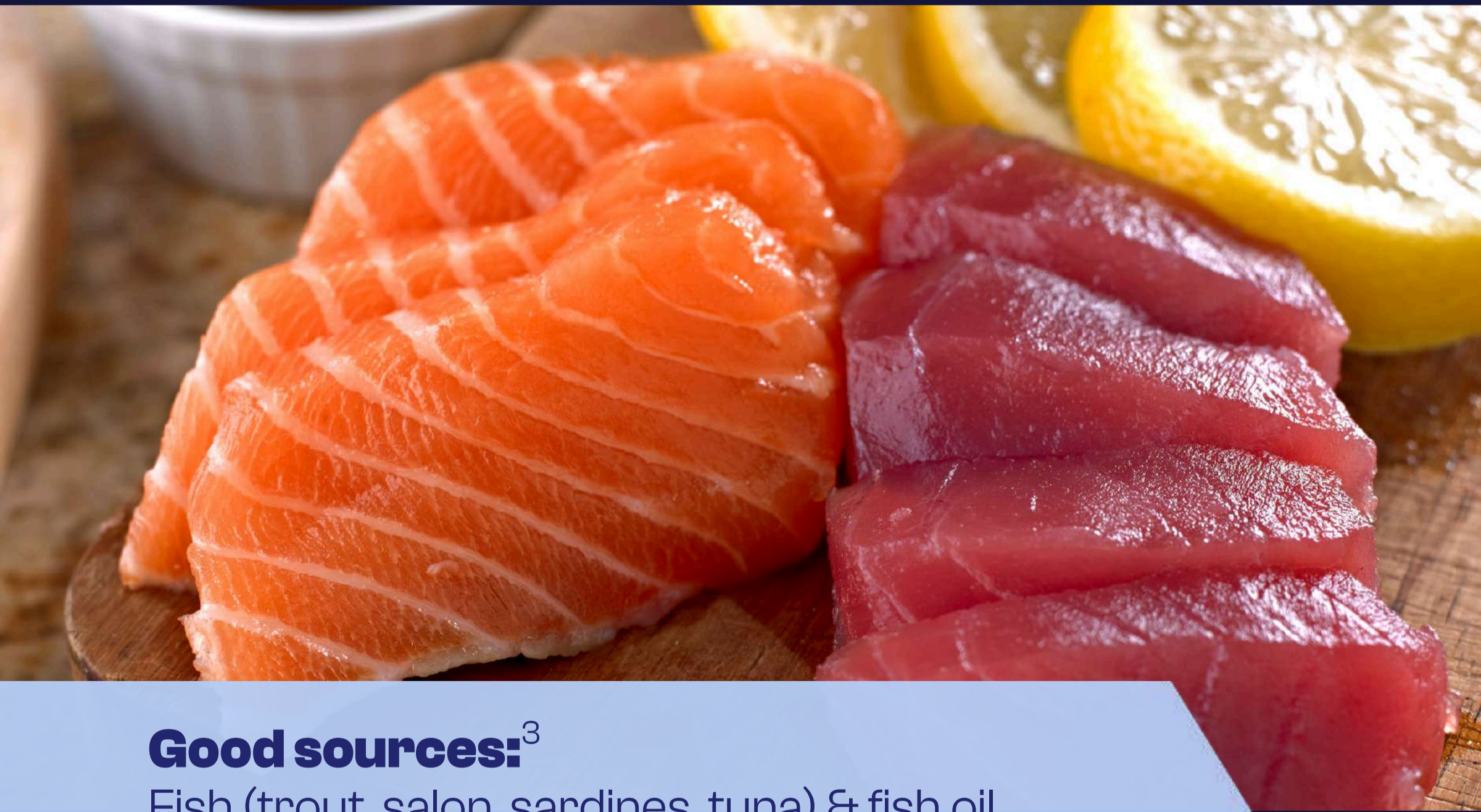
Green vegetables (spinach, asparagus, brussels)
Beans & peas
Enriched grain products (bread, cereal, pasta)



VITAMIN D

Recommendation:¹
460-800 IU/day
same during pregnancy & for males

Rationale: Women, especially those post-menopause, require adequate vitamin D to maintain bone strength & prevent osteoporosis. Vitamin D aids calcium absorption & bone metabolism.⁶



Good sources:³

Fish (trout, salmon, sardines, tuna) & fish oil

Mushrooms

Fortified products (dairy, orange juice, cereal)

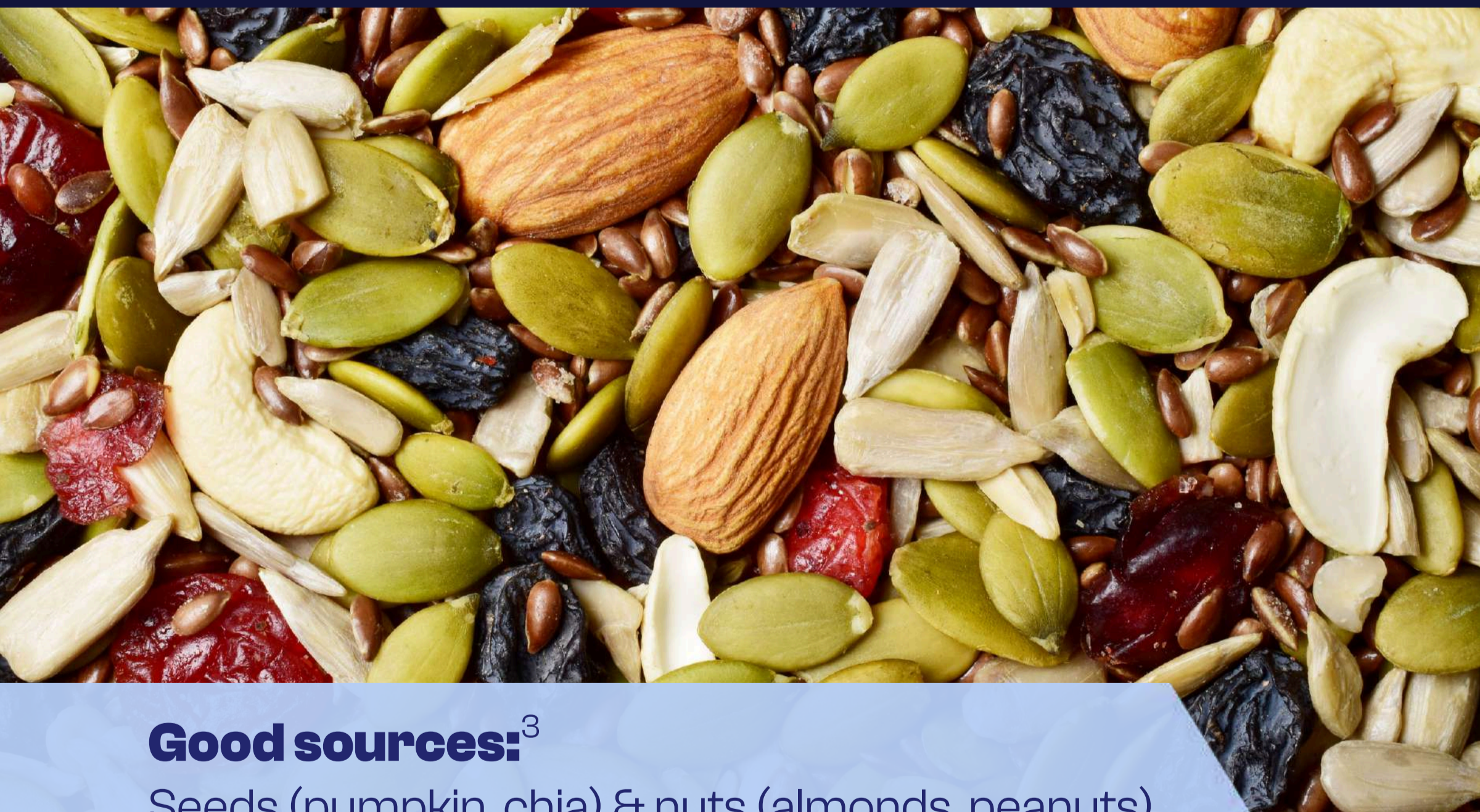


MAGNESIUM

Recommendation:¹

310-320 mg/day
360 mg/day during pregnancy
400-420 mg/day for males

Rationale: Women, require magnesium for muscle function and bone health, particularly during pregnancy and lactation. Deficiency can contribute to PMS symptoms and bone loss.⁷



Good sources:³

Seeds (pumpkin, chia) & nuts (almonds, peanuts)
Dairy products
Green leafy vegetables (spinach)



OMEGA-3 Fatty Acids

Recommendation:¹

1.1 g/day

1.4 g/day during pregnancy

1.6 g/day for males

Rationale: Women benefit from omega-3 fatty acids for cardiovascular health & during pregnancy for fetal brain development.⁸



Good sources:⁹

Plant oils (flaxseed, soybean, canola)

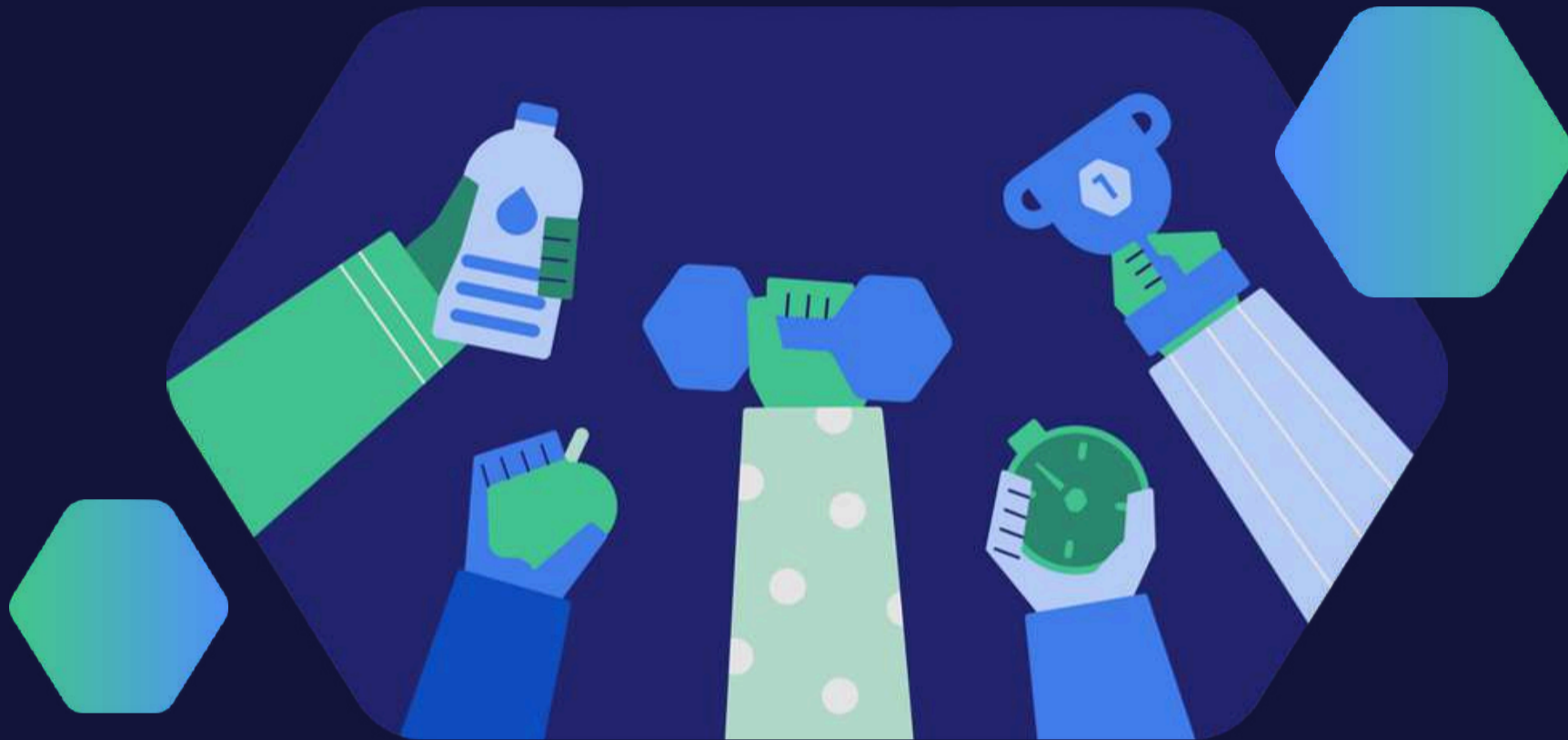
Nuts & seeds (flaxseed, chia seed, walnuts)

Fish / seafood (salmon, herring, sardines)





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