

# Girl Dinner: Foods for Female Health

There are certain essential nutrients which females require in amounts that differ throughout various life cycles and compared to male's needs. These nutrients, which help support female's unique needs, include **iron, calcium, folate (vitamin B9), vitamin D, magnesium, and omega-3 fatty acids.**<sup>1</sup>

These foods provide good or excellent sources of multiple key nutrients important for female's health, making them valuable components of a balanced diet.<sup>2</sup>

These nutrients play critical roles in female health, including:<sup>1</sup>

**Bone development & maintenance**  
 (calcium, vitamin D, magnesium)

**Muscle & nerve function**  
 (calcium, vitamin D, magnesium)

**Hormone regulation**  
 (calcium, iron)

**Fetal DNA synthesis, cell growth, & brain development**  
 (iron, folate, omega-3 fatty acids)

**Cardiovascular health**  
 (calcium, iron, omega-3)

**Immune system function**  
 (vitamin D, iron)



## DAIRY Yogurt

8 oz - plain, low-fat, fortified

**Calcium** - 415 mg (32% DV)  
**Vitamin D** - 2.5 mcg (15% DV)  
**Magnesium** - 47 mg (11% DV)



## PROTEIN Sardines

3 oz - canned

**Iron** - 2.5 mg (14% DV)  
**Calcium** - 325 mg (18% DV)  
**Vitamin D** - 4.8 mcg (24% DV)  
**Omega-3** - 1.4 g (meets daily rec)



## LEGUMES White Beans

1/2 cup, cooked

**Iron** - 4 mg (22% DV)  
**Folate** - 120 mcg (30% DV)  
**Magnesium** - 95 mg (23% DV)



## VEGETABLES Spinach

1/2 cup - cooked

**Iron** - 3.2 mg (18% DV)  
**Folate** - 130 mcg (33% DV)  
**Magnesium** - 80 mg (19% DV)



## GRAINS Quinoa

1 cup, cooked

**Iron** - 2.8 mg (16% DV)  
**Folate** - 75 mcg (19% DV)  
**Magnesium** - 120 mg (29% DV)



## NUTS / SEEDS Chia Seeds

1 oz

**Iron** - 2.2 mg (12% DV)  
**Calcium** - 180 mg (14% DV)  
**Folate** - 50 mcg (13% DV)  
**Magnesium** - 95 mg (23% DV)  
**Omega-3** - 5 g (4.5x daily rec)

### References

1. U.S. Department of Health and Human Services – Office on Women's Health. Healthy Eating and Women. Updated Oct 23, 2025. Accessed Mar 5, 2026. <https://womenshealth.gov/healthy-eating/healthy-eating-and-women>
2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. Accessed Mar 5, 2026. [fdc.nal.usda.gov](https://fdc.nal.usda.gov).