



## **Food for women**

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: [eliseeva.t@edaplus.info](mailto:eliseeva.t@edaplus.info), [tkacheva.n@edaplus.info](mailto:tkacheva.n@edaplus.info)*

**Abstract.** Entire treatises have been written about the fundamental difference in the perception of the same things by men and women. However, the differences in diets have so far been virtually undiscussed. But in vain, because representatives of both sexes are distinguished not only by primary and secondary sexual characteristics, but also by the hormonal system and genetics. As a result, women suffer from some diseases, and men from others.

In addition, the functioning of individual organs and systems in men and women is carried out differently. The intensity and principles of their work dictate the need for vitamins and microelements.

**Key words:** food for women, recommendations, benefits, harm, beneficial properties, contraindications

## **Food and gender**

Increased emotionality, taking on other people's worries and problems, and the fast pace of modern life have left their mark on the health of the average woman. Having become interested in it, scientists have determined a list of the most popular diseases that suffer from beautiful women. The leading positions in it are occupied by diabetes, cancer and diseases of the cardiovascular system, in particular hypertension.

Based on these data, a balanced diet for women was compiled. It includes a complex of products that allow you to enrich the body with substances that can prevent the development of these and other diseases and improve immunity.

Along with this, due place in this diet is given to calorie issues. But the point here is not so much about the woman's health, but about her unbridled desire to be slim and beautiful. Nutritionists simply could not ignore it.

## **Factors influencing women's diet**

The truth that all people are different is more relevant than ever in matters of women's nutrition. Young women who do not have health problems and lead an active lifestyle need normal, nutritious nutrition. After 30 years, adjustments must be made to it. And at the age of 50-55, it is extremely

important to strictly follow the recommendations of doctors, excluding or adding certain foods. Thus, it will be possible not only to avoid the development of many diseases, but also to prolong your life.

A separate group consists of pregnant women. When thinking about their diet, they should take care not only of their own health, but also of the health of their future babies.

### **Food for women after 30 years**

Clinical professor Pamela Peake from the University of Maryland School of Medicine in the USA, who is also the author of the best-selling book “**Fight Fat After 40,**” states that: “Women are special. Therefore, they need a special diet that would allow them to always be energetic and concentrated. Especially if they have already crossed the 30-year mark! She also offers a list of products that should be in a woman’s diet at least a couple of times a week. It included:

- Cereals – brown rice, whole grain bread, barley flour products. They are rich in fiber [1], so they perfectly cleanse the body and improve digestion.
- Foods containing folic acid include citrus fruits, asparagus [2], grains and legumes. They are good for the heart. [3]
- Cranberries and cranberry juice. [4] The proanthocyanidins they contain prevent the development of diseases of the urinary tract and cardiovascular system.
- Water. It is useful at any age. Pamela Peak advises drinking at least 8-10 glasses a day. Among other things, this will normalize digestion and rejuvenate the body. [5]
- Nuts. They are an excellent source of protein [6], calcium, phosphorus, zinc, selenium, copper, folic acid, and vitamins E and A. Regular consumption of nuts will help lower blood cholesterol and improve brain function. [7 ]
- Green leafy vegetables - all types of cabbage, watercress, spinach [8]. They contain fiber, carotenoids, vitamin C and folic acid. They help fight stress and have a beneficial effect on the nervous system.
- Products with vitamin C. [9] Citrus fruits, strawberries, sweet peppers, cabbage, tomatoes, kiwi. These are natural antioxidants that reduce the risk of developing cardiovascular diseases.
- Iron-containing foods - beef liver, dried apricots, nuts, corn, spinach. They help improve blood circulation, increase hemoglobin, thereby increasing immunity, and stabilize the menstrual cycle. [10]
- Foods rich in calcium - low-calorie dairy products, green leafy vegetables. Eating them helps maintain bone health. [eleven]
- Fish and seafood. They are rich in iodine [12], fluorine, phosphorus, manganese and other beneficial substances that improve metabolism, normalize brain function and have a beneficial effect on a woman’s health.

### **Food for pregnant women**

Being in an interesting position, a woman should eat well, consuming enough proteins, healthy fats (nuts, fish, dairy products) and carbohydrates (it is better to give preference to cereals, potatoes, legumes and grains). This will allow you to maintain excellent health and give birth to a healthy baby.

The only thing is that during this period it is important to make sure that special foods are present in the diet:

- Eggs. They contain protein and omega-3 fatty acids [13], which the unborn baby urgently needs.
- Salmon. A product high in protein and omega-3 fatty acids. It has a positive effect on the development of the nervous system and vision in the fetus.

- Walnuts. Be sure to add them to your diet if you don't like eggs [14] and red fish. They have similar effects on the body. [15]
- Yogurt. It is a source of calcium and protein. [16]
- Lean pork or beef. Lean meat also enriches the body with protein.
- Fruits and vegetables. This is a storehouse of vitamins and nutrients, each of which is necessary for the expectant mother.
- Legumes. It is a source of fiber and protein.
- Cereals. They contain B vitamins [17], iron and carbohydrates [18]. By consuming them, you can get rid of digestive problems and ensure health and well-being for yourself and your unborn child.
- Dried apricots and apples [19]. These are sources of iron, the lack of which in the mother's body during pregnancy can cause low hemoglobin, or anemia, in the baby after birth.

### **Food for women after 55**

Lack of estrogen and calcium, menopause and problems with the cardiovascular system leave their mark on the diet of women at this age. In order to reduce their negative impact, it is necessary to increase the consumption of fruits, vegetables, dairy products, cereals, nuts, legumes and fish during this period. This way you will be able to minimize the risk of developing diseases and improve the quality of your life.

### **What else is good for women?**

Regardless of age and physiological state, representatives of beautiful body must consume:

- Black chocolate. It will help you fight stress and always stay in a good mood.
- Avocado. This fruit can prevent excess weight. [20]
- Milk. By consuming it, you don't have to worry about bone health.
- Apples. They boost immunity due to their iron content.
- Broccoli. It contains vitamin C, which affects the production of collagen in the body. And this is the beauty and elasticity of the skin. [21]
- Almond. It contains antioxidants, vitamin E and magnesium. Skin health and, as recent studies have shown, healthy sleep depend on them.
- Garlic. It reduces the risk of developing cardiovascular diseases. [22]
- Prunes. It improves digestion and prevents the development of anemia.
- Green tea. It contains antioxidants that minimize the risk of cancer and lower blood cholesterol levels.

### **How else to maintain health and beauty?**

- Learn to avoid stress. This will preserve the health of the nervous and cardiovascular systems.
- Workout. Regular exercise makes women beautiful and happy.
- Take care of the quality of your sleep. Its deficiency negatively affects health, and the skin in particular.
- Do not abuse salty, fatty, smoked and unhealthy foods. It contributes to the development of hypertension and impairs the absorption of vitamins.
- Limit alcohol consumption. An exception can be made for red wine.
- Stop smoking.

And finally, learn to enjoy life. Scientists say that its quality depends on compliance with this advice!

## Literature

1. Shelestun, A., & Eliseeva, T. (2019). Fiber - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7). DOI: 10.59316/j.edpl.2018.7.11
2. Tarantul, A., & Eliseeva, T. (2020). Asparagus (lat. Asparagus). *Journal of Healthy Eating and Dietetics*, (14), 15-26. DOI: 10.59316/vi14.87
3. Shelestun, A., & Eliseeva, T. (2021). Heart-healthy foods—15 best foods to protect against heart disease. *Journal of Healthy Eating and Dietetics*, 3 (17), 35-40. DOI: 10.59316/vi17.119
4. Tkacheva, N., & Eliseeva, T. (2023). Cranberry juice for beauty and health: 9 scientific facts about the benefits, contraindications and features of use. *Journal of Healthy Eating and Dietetics*, 3 (25), 57-63. DOI: 10.59316/j.edaplust.2023.25.11
5. Eliseeva, T., & Shelestun, A. (2018). Water - description, benefits, effects on the body and the best sources *Journal of Healthy Nutrition and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.9
6. Eliseeva, T., & Shelestun, A. (2018). Protein - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7). DOI: 10.59316/j.edpl.2018.7.6
7. Shelestun, A., & Eliseeva, T. (2021). Food for the brain – 12 products for effective work. *Journal of Healthy Eating and Dietetics*, 3 (17), 22-27. DOI : 10.59316/vi17.116
8. Tarantul, A., & Eliseeva, T. (2020). Spinach (lat. Spinacia oleracea). *Journal of Healthy Eating and Dietetics*, (12), 48-59. DOI: 10.59316/vi12.74
9. Eliseeva, T., & Mironenko, A. (2018). Vitamin C (ascorbic acid) description, benefits and where it is found. *Journal of Healthy Eating and Dietetics*, 2 (4), 33-44. DOI: 10.59316/vi4.19
10. Eliseeva, T. (2021). Iron (Fe) for the body – 30 best sources and importance for health. *Journal of Healthy Eating and Dietetics*, 4 (18), 66-75. DOI: 10.59316/vi18.148
11. Mironenko, A., & Eliseeva, T. (2020). Calcium (Ca, calcium) - description, effect on the body, best sources. *Journal of Healthy Eating and Dietetics*, (12), 83-92. DOI: 10.59316/vi12.77
12. Tkacheva, N., & Eliseeva, T. (2021). Iodine (I) – value for the body and health + 30 best sources. *Journal of Healthy Eating and Dietetics*, 4 (18), 75-84. DOI: 10.59316/vi18.149
13. Shelestun, A., & Eliseeva, T. (2019). Omega-3 - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, (7), 88-93. DOI: 10.59316/j.edpl.2018.7.10
14. Tarantul, A., & Eliseeva, T. (2020). Chicken egg. *Journal of Healthy Eating and Dietetics*, (11), 51-66. DOI: 10.59316/vi11.65
15. Eliseeva, T., & Yampolsky, A. (2019). Walnut (lat. Júglans régia). *Journal of Healthy Eating and Dietetics*, 4 (10), 2-14. DOI: 10.59316/vi10.53
16. Tkacheva, N., & Eliseeva, T. (2022). Yogurt: health effects and benefits proven by scientists. *Journal of Healthy Eating and Dietetics*, 1 (19), 28-33. DOI : 10.59316/vi19.155
17. Eliseeva, T., & Mironenko, A. (2019). B vitamins – description, benefits, effects on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 2 (8), 74-87. DOI: 10.59316/vi8.45
18. Eliseeva, T., & Shelestun, A. (2019). Carbohydrates - description, benefits, effect on the body and the best sources. *Journal of Healthy Eating and Dietetics*, 1(7), DOI: 10.59316/j.edpl.2018.7.8
19. Tkacheva, N., & Eliseeva, T. (2021). Apples – benefits and harms proven by nutritionists. *Journal of Healthy Eating and Dietetics*, 3 (17), 84-88. DOI: 10.59316/vi17.130
20. Eliseeva, T., & Yampolsky, A. (2019). Avocado (lat. Persēa americana). *Journal of Healthy Eating and Dietetics*, 4 (10), 63-75. DOI: 10.59316/vi10.58
21. Eliseeva, T. (2022). Benefits of broccoli: Top 10 proven beneficial properties. *Journal of Healthy Eating and Dietetics*, 2 (20), 24-28. DOI: 10.59316/vi20.172

[The HTML version of the article](#) is available on the edaplust.info website.

## **Food for women**

*Eliseeva Tatyana*, editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia*, phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

*Received 06/01/2020*

**Abstract:** Entire treatises have been written about the fundamental difference in the perception of the same things by men and women. However, the difference in diets has not been discussed so far. And in vain, because representatives of both sexes differ not only primary and secondary sexual characteristics, but also hormonal system and genetics. As a result, women suffer from some diseases, and men - others. In addition, the functioning of individual organs and systems in men and women is carried out differently. The intensity and principles of their work and dictate the need for vitamins and trace elements.