

Nutrition and your Menstrual Cycle

Make sure to eat all your nutrients during the phases of your cycle. This boosts your energy to handle period cramps, mood changes, and cravings. Try some of the foods below and remember to drink plenty of water.

4 phases of the menstrual cycle

1 Menstrual Phase:

- Day 1-5, bleeding. The uterus sheds its lining.
- You may feel cramping, low energy, and mood changes.
- Choose iron-rich foods and Vitamin C rich foods.

Try:

- Dried fruit, nuts and seeds
- Leafy green vegetables
- Beans, lentils
- Lean red meat
- Berries, broccoli, red peppers

4 Luteal Phase

- Day 20-28 days
- The body preps the next cycle
- Mood changes and cravings- Choose healthy fats and foods high in magnesium.

Try:

- Dark Chocolate
- Chickpeas/Hummus
- Fish
- Avocado

2 Follicular Phase:

- Day 6-14 or until the egg is released.
- During this phase make sure to add fiber and magnesium.

Try:

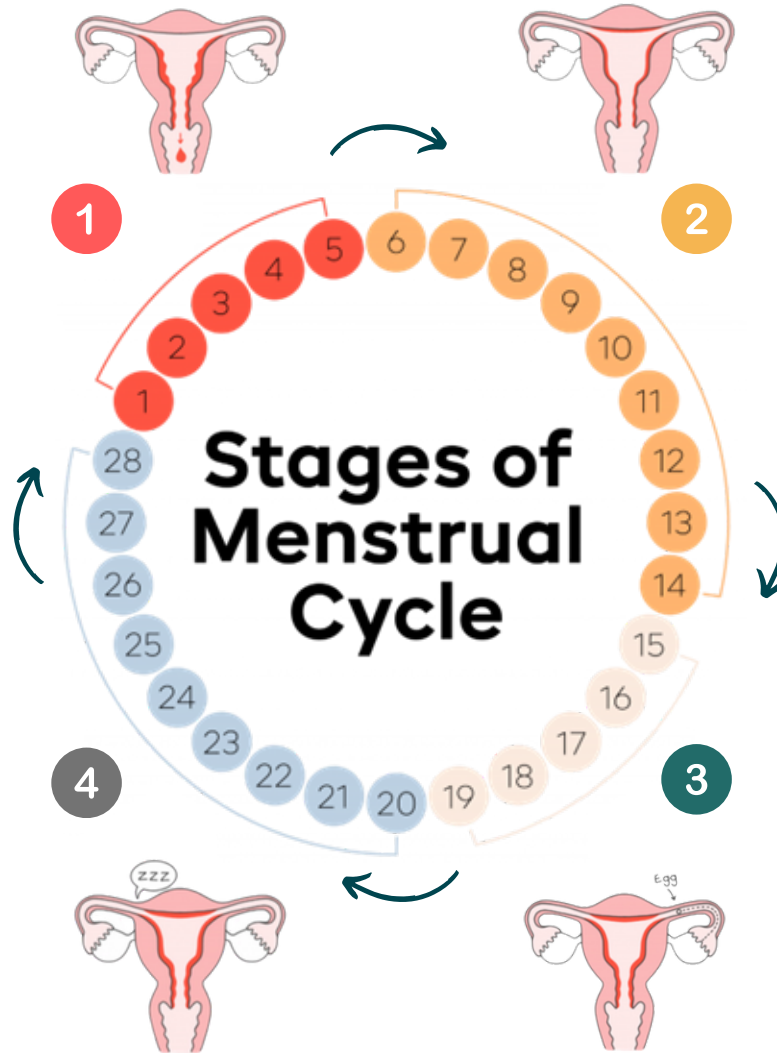
- Fruits
- Broccoli, cauliflower, kale
- Healthy fats like avocado, flaxseeds, pumpkin seeds
- Whole grains, brown rice

3 Ovulation Phase (egg release):

- Around day 15-19 when the egg is released. Pregnancy is more likely during this phase.
- Focus on high fiber foods and avoid added sugar.

Try:

- Whole grains (wheat bread and high fiber cereal)
- Vegetables
- Fruits
- Protein (chicken, fish, tofu)



Scan here for more health information.



212.545.2400



chnyc.org

Looking for quick comfort food ideas to satisfy your cravings?

Peanut-Butter Banana Chocolate Bark



Ingredients

- 2 medium bananas, sliced
- 1/4 cup peanut butter,
- 1/3 cup semisweet chocolate chips
- 1 teaspoon coconut oil
- 1 tablespoon chopped peanuts
- Pinch of flaky sea salt

Steps:

1. Line a plate with parchment paper. And arrange banana slices in one layer (should be touching) Freeze for one hour.
2. Drizzle peanut butter. Freeze again.
3. Place chocolate chips and coconut oil in a bowl and melt in microwave (30 seconds)
4. Spread chocolate evenly over plate.
5. Freeze until chocolate is set.
6. Break the bark and serve
7. Put into a container and freeze for up to three days.

Peanut-Butter Banana Cinnamon Toast



Ingredients

- 1 slice whole-wheat bread, toasted
- 1 tablespoon peanut butter
- 1 small banana, sliced
- Cinnamon, to taste

Steps:

1. Spread toast with peanut butter and top with banana slices. Sprinkle with cinnamon to taste.

Reach out to a CHN nutritionist for more recipes.

Fresh Fruit Salad



Ingredients

Lime Yogurt Dressing (optional)

- 1 cup low-fat plain yogurt
- 1 tablespoon granulated sugar
- 2 teaspoons lime zest and juice

Fruit Salad

- 2 cups diced fresh pineapple
- 1 pound strawberries, hulled and sliced
- 1/2 pint blackberries, halved
- 4 ripe kiwis, peeled, halved and sliced

Steps:

1. To prepare dressing, if using: Combine yogurt, sugar, lime zest and lime juice in a medium bowl.
2. To prepare salad: Combine pineapple, strawberries, blackberries and kiwi in a large bowl. Serve with lime yogurt dressing, if desired.



Scan here for more health information.



212.545.2400



chnyc.org