

Foods for Period Symptoms



A period can lower some vitamins and minerals for a short time, which may make symptoms worse.

Here are some foods that can help ease common period symptoms:

Cramping

- **Bananas and potatoes**
 - Rich in potassium
- **Fatty fish (salmon, anchovies)**
 - Rich in Omega-3 fatty acids
- **Dark chocolate**
 - Magnesium



Headaches

- **Watermelon**
 - Hydrating to prevent dehydration headache
- **Coconut water**
 - Hydrating
- **Seeds and nuts**
 - High in magnesium



Fatigue

- **Meat and seafood**
 - High in heme iron, the type of iron your body absorbs most easily.
- **Spinach, kale, and chickpeas**
 - High in non-heme iron, the type of iron found in plants.
- **Oranges**
 - High in vitamin C, which helps with non-heme iron absorption



Constipation

- **Greek yogurt**
 - Supports healthy gut microbiome
- **Raspberries and chia seeds**
 - High in fiber
- **Cucumbers**
 - Hydrating to aid in stool softening



Try out some recipes!



Chia Seed Pudding

Ingredients

- 1 part chia seeds
- 4 parts milk
- Honey, to taste
- Banana (optional)
- Raspberries (optional)

Steps

1. Add milk and chia seeds to your container of choice.
2. Add honey to taste.
3. Mix everything until well combined and leave in the fridge overnight.
4. Add banana slices and raspberries as toppings!

Recipe by Yumna Jawad of Feel Good Foodie



Roasted Chickpeas

Ingredients

- Cooked or canned chickpeas
- Extra-virgin olive oil
- Salt

Steps

1. Pre-heat oven to 425° and drain and rinse chickpeas.
2. Spread chickpeas on kitchen towel and pat dry.
3. Transfer chickpeas to parchment-lined baking sheet and drizzle with olive oil. Add generous pinches of salt.
4. Place baking sheet in preheated oven and roast until crispy.

Recipe by Jeanine Donofrio and Phoebe Moore of Love & Lemons

