



What to Eat (and Not Eat) During Your Period

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Period woes

When you're on your period, you may experience symptoms such as bloating, cramping, diarrhea, acne, or low energy. One way to help alleviate these symptoms is to observe a proper diet while menstruating. This might be considered common sense, but unfortunately with the moodiness, discomfort, and cravings many of us experience at this time, it might be challenging to make the healthier food and beverage choices.

So, why is going straight for the ice cream, chips, and chocolate a bad idea? These sugary foods will definitely make us feel good for awhile, but that's the dopamine talking. We have all heard of sugar highs and crashes, and this is what will happen when we consume too much sugar. Sugar is addictive, and it can lead to a cycle of highs and lows which will not make you feel better in the long run. Not to mention that sugar is inflammatory, therefore consuming sugary foods is counterproductive to your attempts to alleviate the pain and discomfort from menstruation.

During your period, it is best to avoid inflammatory food and drinks: sugar, processed foods, salty foods, spicy foods, dairy, sodas, caffeine, and alcohol.

Optimize your diet

If you shouldn't indulge in these comfort snacks, what should you eat during your period?

During your period, getting a well-balanced diet is important, but it's especially helpful to eat foods that combat inflammation and are rich in iron, protein, fiber, antioxidants, and vitamins.

That includes foods like:

- spinach
- salmon
- tofu
- whole grains
- broccoli
- berries
- bok choy
- nuts
- cherries

Take notes from TCM

Additionally, it's very important to stay hydrated. And you know where this is headed: 多喝水! Drink more water, of course. Water will help with virtually all of your symptoms. Warm water might be even better. One basic principle of TCM is that it is best to consume “warm” foods and drinks while menstruating.

That includes :

- ginger
- red dates (jujubes)
- soups
- red meat

Whether or not you subscribe to the principles of TCM, one favorite among both Chinese and foreign women is ginger and red or brown sugar tea.

The most important thing is to find what works for you and your body, but hopefully these tips can help guide you in the right direction!

Sources:

1. <https://health.clevelandclinic.org/what-should-you-eat-when-youre-on-your-period/>
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