



NATIONAL NUTRITION MONTH

Sashakt/Sabal Naari, Saakshar Bacha, Swasthya Bharat

Rashtriya Poshan Maah

1-30 September
#PoshanMaah2022



WOMEN'S HEALTH

Women have different nutritional needs at different stages of life. Special nutrition at each of these stages help - live a wholesome & healthy life.

	Adolescence	Adulthood	Pregnancy & Lactation	Menopause
Big Changes	<ul style="list-style-type: none"> Growth spurt Hormonal changes Mineralization Of bones Menstruation Iron deficiency 	<ul style="list-style-type: none"> Peak physical activity Increased stress Risk of developing osteoporosis Pregnancy preparations 	<ul style="list-style-type: none"> Increased nutritional needs Hormonal changes Labour complications Insufficient breast milk Increased risk of low bone mineral density & anaemia 	<ul style="list-style-type: none"> Decreased muscle mass Decreased oestrogen levels Low energy needs Headaches & hot flashes More prone to UTI Risk of osteoporosis
Nutritional Needs	<ul style="list-style-type: none"> Calcium Vitamin D Iron Protein 	<ul style="list-style-type: none"> Protein Calcium Vitamin D Folic acid Vitamin B12 	<ul style="list-style-type: none"> Protein Calcium Vitamin D Iron Folic acid Vitamin B12 	<ul style="list-style-type: none"> Magnesium Calcium Vitamin D Probiotics & prebiotics Phytoestrogens (for headaches & hot flashes)

Food Sources

CALCIUM



Paneer



Curd



Milk



Ragi

PROTEIN



Eggs



Chicken breast



Milk



Pulses

IRON



Spinach



Broccoli



Raisins

VITAMIN D & MAGNESIUM



Egg yolk



Fish



Spinach



Nuts & Seeds



Broccoli

FOLIC ACID & VITAMIN B12



Fish



Legumes



Whole grains



Eggs



Broccoli

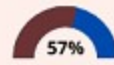


Spinach

Health Statistics for Indian Women (15-49 years)



Malnourished (BMI <18.5 kg/m²)



Anaemic



Overweight or Obese (BMI ≥ 25.0 kg/m²)



Hypertensive (Sys ≥140 mmHg/ Dia ≥90 mmHg)



Diabetic (>140 mg/dl)

Source: NFHS-5 (2019 - 21)

Some important health tips that women should know for better health throughout her life

- Hydrate your body
- Exercise regularly (atleast 30-45 minutes)
- Eat well & sleep well
- Consult with the gyne/ obs every year
- Meditate to manage stress
- Maintain standard weight
- Make sure to get "Me time" for self care goals
- Take care of your special needs at every stage of life
- Balance your meals with portion control
- Make better informed food choices for you & your family
- Nurture yourself & your loved ones