

# 10 FOODS ALL WOMEN Should be Eating MORE OFTEN



**M**any of my clients ask me about the best foods that they should incorporate into their diets to support their health, provide them whole food based vitamins, minerals and key nutrients to nourish their bones, hearts and brains. Last month I conducted a seminar at my Wellness Boutique about key foods every woman should try to incorporate into her daily routine and wanted to share this top 10 list with you today.

## 1. PHARMACEUTICAL GRADE FISH OIL OR WILD SALMON

The omega-3s in fish and quality fish oil help your body burn fat more efficiently, make your mind more focused and spiritually inclined, and improve your mood. Fish oil raises serotonin levels which is especially important for women because women have half the level of serotonin in their brains as compared to men. This explains why women are twice as likely to be diagnosed with depression. As a bonus, fish oil also makes your hair and skin healthy and you'll also notice stronger nails.

## 2. STEEL CUT OATMEAL

In addition to being inexpensive, oats have a low glycemic index, are high in fiber, and contain GLA. GLA in the right amounts helps regulate female hormone levels.

Oats contain a lot of fiber, both insoluble and soluble; the latter has a beneficial effect on cholesterol. Oats are a good source of thiamine, folic acid and vitamin E. They contain zinc, selenium, copper, iron, manganese and magnesium and have a higher concentration of well-balanced protein than any other cereal.

## 3. BERRIES

Berries contain huge amounts of anti oxidants and other phytochemicals which help prevent cancer, aging, maintain healthy vision, lower cholesterol and total blood lipids and keep the circulatory system healthy. Berries may prevent and treat urinary tract infections, help age related cognitive decline and lower amounts of brain damage in strokes. They also contain large amounts of vitamins, minerals and fiber with very few calories and no fat.

## 4. ORGANIC SWEET POTATOES

The deep orange color of an organic sweet potato shouts vitamins, minerals and antioxidants. The average commercial sweet potato grown in depleted soil is not so vibrant. I believe the best multivitamin is to have a sweet potato three to four times per week. Sweet potatoes are also low glycemic.

## 5. NUTS

There are so many types of nuts, each with their own unique health benefits so this one is a bit general. However all nuts are a great source of protein, healthy fats, vitamins, minerals and anti-oxidants. Eating a variety of nuts can certainly help us keep healthy, do remember though, they are very nutrient dense so a couple of handfuls a day is plenty! Women in a Harvard School of Public Health study who reported eating 5 or more 1 ounce servings of nuts/peanuts per week reduced their risk of Type 2 diabetes by almost 30 percent compared to those who rarely or never ate nuts.

## 6. AVOCADOS

These luscious green fruits are high in monounsaturated fat, vitamins, minerals and antioxidants that are good for your metabolism and for promoting vibrant skin. Avocados are very high in anti-oxidants so helping to prevent cancer, cataracts and aging. They can speed up your metabolic rate and when eaten with other fruit and vegetables, avocados increase absorption of other nutrients.

## 7. FARM RAISED EGGS

Few foods can match the nutritional power of an egg yolk. People feed yolks to make their dogs coat healthy: eggs can do the same for human skin and hair. Egg whites are an excellent source of protein.

## 8. DARK GREEN VEGETABLES

Greens, such as broccoli, kale, spinach and other leafy greens offer roughage, water, and many essential phytochemicals, vitamins and minerals.

## 9. RAW CACAO

Women usually crave chocolate during the menstrual cycle to escape the hormonal storm. Raw cacao contains anandamide, a substance that mimics marijuana, thus giving women a sensation of bliss.

## 10. ORGANIC YOGURT

Yogurt has probiotics for good digestive health and calcium for strong bones. It is also quite versatile and can be eaten for any meal of the day.

I believe the body is an amazing entity and that it is always seeking balance, but needs guidance and right nutrition to set itself back in alignment. In the next issue, we will discuss the Top 10 Foods for Children.

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