

“ As I am in the growing stage of my life, my body needs bone banking to support the bone growth and development. My iron requirements are high as I am more prone to its loss due to monthly menstrual cycles. ”



ADOLESCENCE

“ I am in a transitional phase! My body requires more muscle strength, stamina and bone power to manage work life balance, deal with various physical activities. ”



ADULTHOOD

“ I am at the most critical stage of my life. During pregnancy I experience nausea, morning sickness and risk of complications such as hypertension, constipation, anaemia etc. My nutritional needs are high during both pregnancy and lactation as I have to meet my daily requirements to support the growth & development of my baby. ”



PREGNANCY & LACTATION

“ At menopausal stage of my life, my body undergoes hormonal changes and I experience discomfort such as hot flashes, headaches, fatigue etc., my body needs a good amount of calcium as I am prone to osteoporosis and hypertension. ”



MENOPAUSE

BIG CHANGES

- Growth spurt
- Hormonal changes
- Mineralisation of bones
- Menstrual periods
- Risk of anaemia or iron deficiency

- Peak physical capacity
- Increased stress
- Increased risk of osteoporosis
- Pregnancy preparations

- Increased nutritional needs
- Hormonal changes
- Labour complications
- Insufficient breastmilk
- Increased risk of low bone mineral density & anaemia

- Decreased muscle mass
- Decreased oestrogen levels
- Low energy needs
- Headaches & hot flashes
- More prone to UTI
- Risk of osteoporosis

NUTRITIONAL NEEDS

Some of the important nutrients in this stage are calcium, vitamin D, iron & protein.

Milk, curd, paneer, ragi etc., are rich in calcium. Good sources of iron include, spinach, raisins, broccoli etc., along with dairy products, dals & sprouts are also good sources of protein.

Sunlight and food sources such as eggs yolks, fish & soy etc., are good sources of vitamin D.

Protein, calcium, vitamin D, are important in this stage for enhanced energy & strength needs. Food sources rich in these vitamins include dairy products, ragi, whole grains, pulses, egg etc.

As the body also prepares for child bearing, consumption of folic acid & vitamin B12 is important; green leafy vegetables, fish, eggs, legumes & whole grains are good sources.

During pregnancy there is an increased requirement of protein, calcium, folic acid & vitamin B12 to support healthy growth of the foetus. Iron requirements are high to prevent maternal anaemia. Food sources rich in these nutrients are dark green leafy vegetables, whole grains, nuts, pulses & dairy products.

For sufficient milk production during lactation, consumption of adequate calcium & protein is required along with lactogogues such as fenugreek seeds.

To relieve discomfort such as hot flashes & headaches consumption of phytoestrogens such as soybeans & flax seeds & magnesium rich foods such as dark green leafy vegetables, nuts & seeds etc., are essential. Good amount of probiotics such as yogurt should be a part of daily diet.

To prevent the risk of osteoporosis there should be a good intake of calcium and vitamin D through dairy products, green leafy vegetables, eggs, nuts etc.