



A BETTER YOU, TODAY & TOMORROW – An Insight on Women Health and Nutrition

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INTRODUCTION

Women experience unique health care challenges and are more likely to be diagnosed with several more diseases than men. Unique health issues includes pregnancy, menopause, and conditions of female organs. Chronic diseases and conditions – such as heart disease, cancer, and diabetes – are the leading cause of death for women. Women and men at times may also have same health problems, but these problems can affect women differently. For example -

- Women are more likely to die following a heart attack than men.
- Women are more likely to show signs of depression and anxiety than men.
- The effects of STDs can be more serious in women.
- Osteoarthritis affects more women than men.
- They are more likely to have urinary tract problems.

During adolescence and early adulthood, women need to consume foods rich in calcium to build peak (maximum) bone mass. This will reduce the risk of developing osteoporosis, a progressive condition where there is a loss of bone that leaves those affected more susceptible to fractures. Women also need an adequate iron intake because they lose iron through menstruation. Women also need an adequate intake of calories to support energy and nutritional needs for the body to function properly. The amount of calories that an individual requires varies for each person and is based on age, gender and activity level. As a general recommendation, women between 23 and 50 years of age generally need between 1,700 and 2,200 calories per day to maintain their energy needs and body weight. Older women generally require fewer calories to support and sustain energy needs. Consuming fewer than 1,500 calories per day, even in attempts to lose weight, can put women at nutritional risk and can result in malnutrition and poor health.

So, how can a Woman deal with this?

This is the question which arises in the mind of every woman. Women, who are key in maintaining healthy families, access the health system more than men, both for themselves and on behalf of their children. 38% of the women suffer from one or more chronic diseases, compared to men – 30%. So, prevention and wellness initiatives protect and improves health for either the community (or certain groups), entirely. To prevent diseases and promote healthy behaviors, among women, one must consider initiatives related to immunizations, nutrition and oral health.

How to consume a healthy diet?

Trying to balance the demands of family and work – and to cope up with the pressure to look and eat a certain way – can make it difficult for any woman to maintain a healthy diet. But the right food will surely improve your mood, boost your energy, and help you maintain a healthy weight, and can also support you through the different stages in a woman's life.

Iron is important to maintain a good health. Many working women face iron deficiency because of the blood lose during menstruation. The amount of iron required varies, depending on a woman's stage of life. For example, iron needs are higher during pregnancy and lower after reaching menopause. Foods that provide iron include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and some fortified

ready-to-eat cereals. Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods. To get both these nutrients at the same meal, try fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.

Mostly while ageing women become deficient of calcium, which is a serious health issue for them. Calcium plays an important role in building healthy bone and teeth, and keeps them strong as you age. Calcium deficiency can lead to, mood problems such as irritability, anxiety depression, and sleep difficulties. If you don't get enough calcium in your diet, your body will take calcium from bones to ensure normal cell function, which can lead to weakness in bones or osteoporosis. If you want to maintain good level of calcium in your body, take plenty of it, in combination with magnesium and Vitamin D, to support your bone health.

The fragility of a woman's body needs extra care during periods or pregnancy. Also, maintaining hygiene and getting proper nutrition is important. Exercise can help you deal with mood swings and cramps. Role of men is also a very important factor in helping them deal with their soft days or months.

In conclusion, nutrition and proper care will certainly make you ***A Better You, Today & Tomorrow***, and I won't hinder to say that "***A Woman's health is her family's best wealth***".