Nutrition for Women

Eating a variety of nutritious foods every day is important for good health. This information is provided as a general guide. It includes some of the important nutrients and their food sources and benefits. Your age, life stage, dietary preferences and health can affect your nutrition needs. For advice, speak to your doctor or a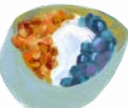 dietitian, especially if you are vegetarian, vegan, trying to conceive, pregnant, breastfeeding, perimenopausal or planning to take supplements.

LEARN MORE

NUTRIENT	FOUND IN...	GOOD FOR...
Calcium	• Dairy (milk, cheese, yoghurt) • Firm tofu • Tinned sardines • Some dairy alternatives (check label)	• Bones • Teeth • Muscles
Folate	• Green leafy vegetables (spinach, kale) • Brussels sprouts • Lentils and chickpeas • Oranges	• Pregnancy • Cell growth • Making DNA
Iodine	• Iodised salt • Bread (excluding organic bread) • Seafood (fish, prawns, oysters) • Eggs	• Pregnancy • Breastfeeding • Hormonal health
Iron	• Red meat • Chicken and turkey • Seafood • Legumes (lentils, soy beans)	• Energy • Periods • Immune health
Magnesium	• Green leafy vegetables • Legumes • Nuts and seeds • Whole grains	• Muscles • Nerves • Blood sugar levels
Protein	• Lean red meat • Chicken and turkey • Seafood • Whole soy foods (tofu, tempeh)	• Energy • Muscles • Satisfying hunger
Vitamin B	• Whole grains • Meat (red meat, chicken) • Fish • Legumes	• Energy • Brain health • Healthy cells
Vitamin D	• Sunshine on your skin • Oily fish (salmon, trout) • Egg yolks • Red meat	• Bones • Hormonal health • Brain health
Fibre	• Grains • Fruits and vegetables • Legumes • Nuts and seeds	• Digestive health • Blood sugar levels • Heart health • Bowel health

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