



WOMEN'S WELLNESS:  
FOOD, BODY, HORMONES  
Week TWO

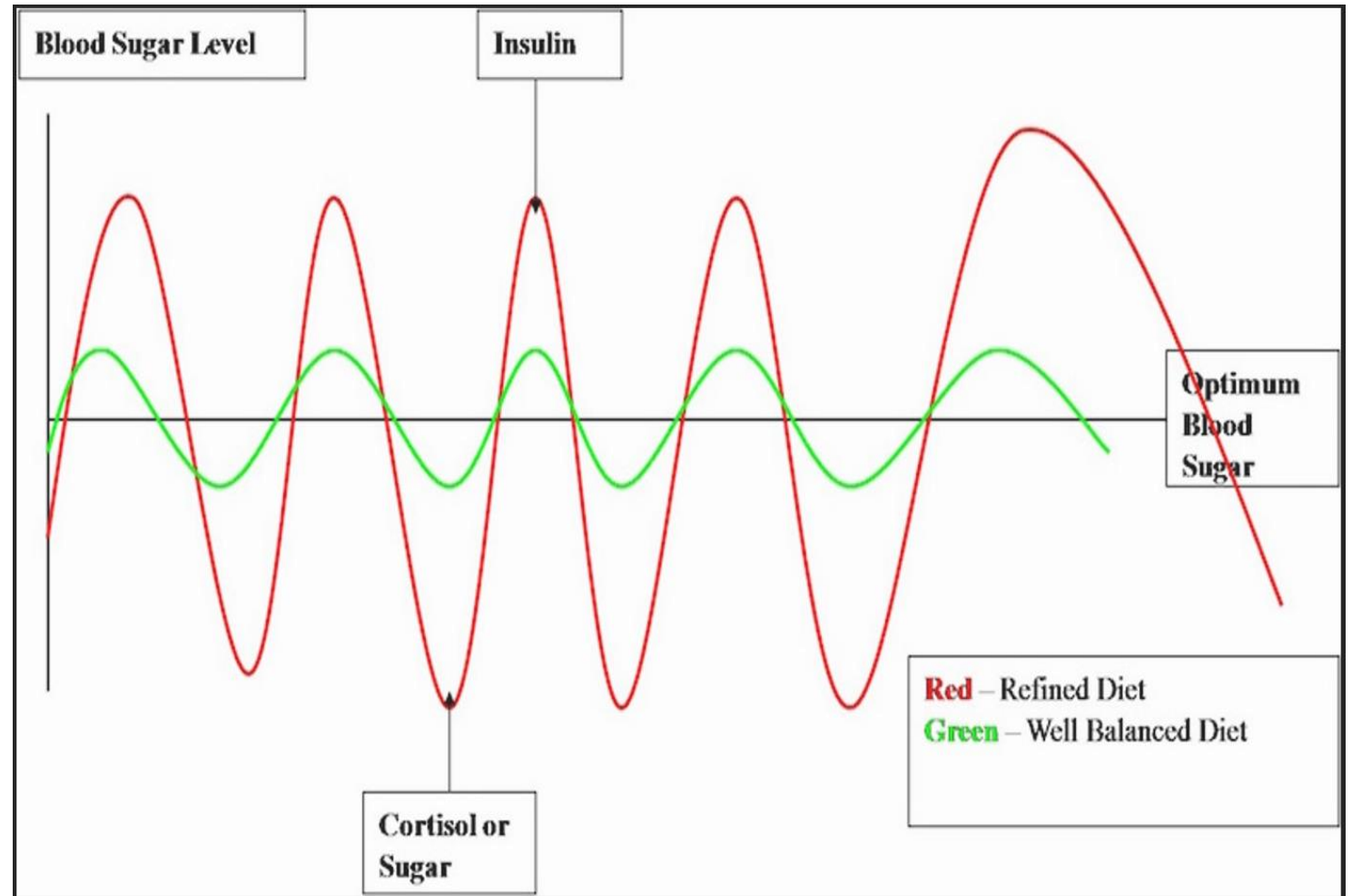
# FEMALE FRIENDLY FOOD

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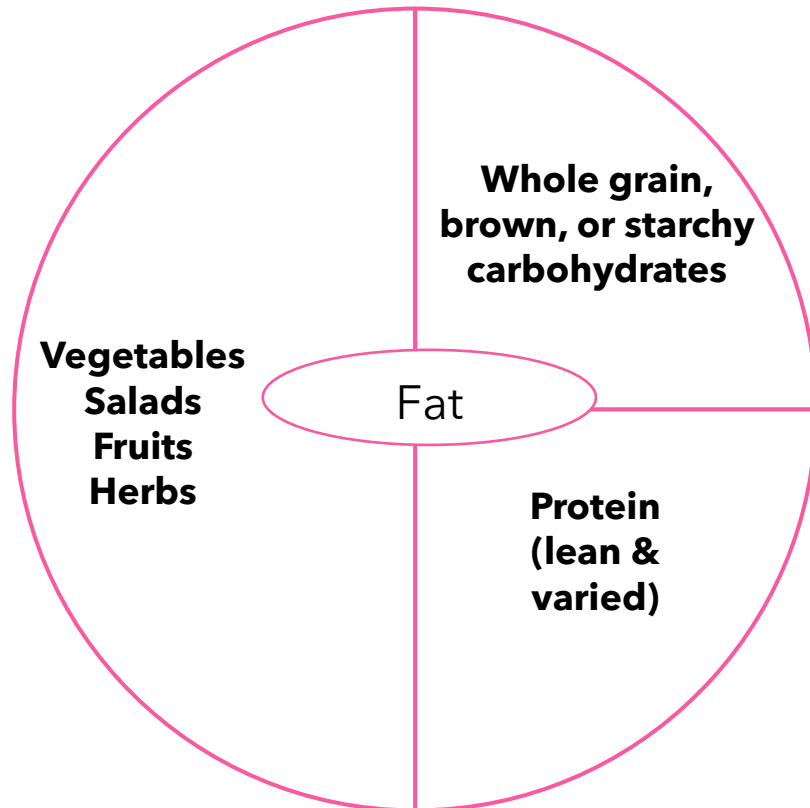
**Women's Health, Food & Movement Coach**

# WHY balance blood sugars?

- Energy
- Steadier mood
- Ageing well
- Hormone friendly - insulin & oestrogen
- Reduce stress load
- Weight loss



# HOW to start blood sugar balancing



- Use this plate as a guide for main meals

Fat (mainly plant based + fish) is essential for sex hormone production, healthy cells, & brain function

Some foods contain 2 or 3 food groups, e.g. pulses

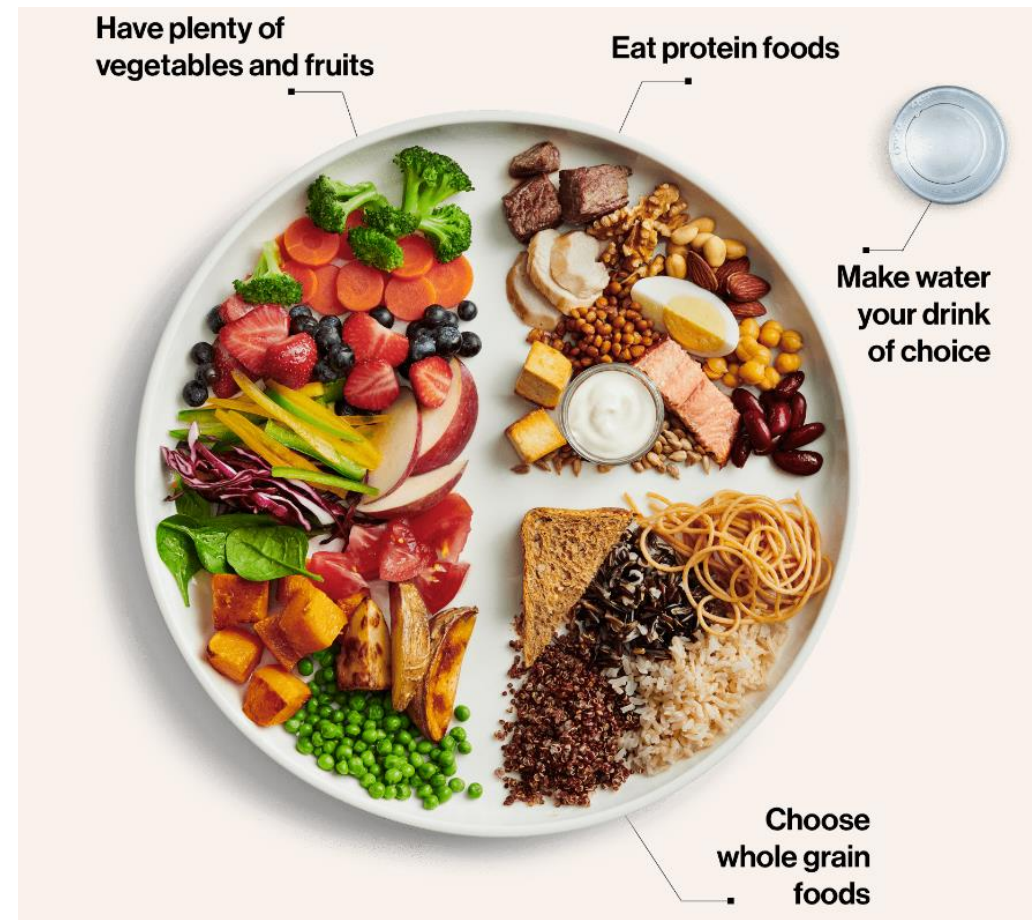
Glycaemic load chart is helpful background

Gut health is important

# 2 examples of how this looks



<https://bant.org.uk/bant-wellbeing-guidelines/>



<https://food-guide.canada.ca/en/>

# A special mention about protein (again)

- The building block
- Filling and satisfying
- Eat with carbs for better mood & sleep – feed your neurotransmitters
- Useful for weight loss

## VEGAN PROTEIN SOURCES

PROTEIN PER SERVING

@cheatdaydesign



SEITAN  
(4oz)  
**28g**



PEA PROTEIN  
(1/4 CUP)  
**22g**



TEMPEH  
(4oz)  
**21g**



SOYBEANS  
(1/4 CUP)  
**15g**



LENTILS  
(1/4 CUP)  
**13g**



TVP  
(1/4 CUP)  
**12g**



TOFU  
(4oz)  
**12g**



PUMPKIN SEEDS  
(1/4 CUP)  
**9g**



EDAMAME  
(1/2 CUP)  
**9g**



NUT BUTTER  
(1/4 CUP)  
**8g**



BEANS  
(1/2 CUP)  
**7g**



FARRO  
(1/4 CUP)  
**7g**



NUTS  
(1/4 CUP)  
**6g**



QUINOA  
(1/4 CUP)  
**6g**



CHICKPEAS  
(1/2 CUP)  
**6g**



CHIA SEEDS  
(1/4 CUP)  
**6g**

# What else for womens' wellness?

Minimise what doesn't help - sugar, alcohol, caffeine

Hydration

Calm stress before eating to boost digestion

Eat mindfully

Phytoestrogens - soy, linseed

Varied plant fibre-rich foods = happy guts

Bone friendly foods - calcium, magnesium, K & D, + protein

Adaptogens & herbs



# Hormone friendly eating – my top 10 ingredients

1. **Cruciferous veggies** – like broccoli
2. **Avocados**
3. Mixed raw **nuts** – walnuts, macadamia, hazelnut, peanut, tigernut, pecans, brazil, almond
4. Mixed **seeds** - flax/linseed, chia, pumpkin, sesame, sunflower, hemp, poppy
5. Mixed **pulses** – chickpeas, lentils, peas, kidney, black, soy (edamame), pinto, butter, aduki
6. **Cacao** /good quality dark chocolate
7. **Seaweed/** vegetables (nori, wakame, kombu)
8. **Starchy / root veggies**- sweet, squash, beetroot, turnip, cassava, celeriac,
9. Mixed **berries** and currants (preferably not dried)
10. More **proteins** – tempeh & tofu, lean animal protein

# What this food might look like





## If you want to change your weight – worth considering .....

Drink	Calories
Orange juice (240ml)	110
Costa medium latte with semi	151
3 cups of tea with semi skimmed	102
<u>150ml</u> Innocent straw banana smoothie	76
2 glasses 175 ml red wine	266
Total	<b>705</b>

Drink	Calories
Water with 1 slice lemon	1
2 cups of redbush (rooibos) no milk	2
Water through the day	0
1 green tea	2
1 mint tea	2
Total	<b>7</b>

(please note this ignores any nutritional values of these drinks)