

# FOOD & MOOD

## COACHING

### WEEK 11 – FEMALE FOCUSED FOOD

WELCOME TO **WORKSHOP 11**

**This week we turn our attention to foods and nutrients that support the dynamic hormonal and physiological aspects of being female and those that are especially important for female health and wellbeing. Some of which we may need a little extra of throughout certain stages of our life.**

#### 01. EXTRAS FOR THE XX QUIZ

In pairs or a small group, have a brief discussion on the following statements and then answer the quiz below.

1. True or false, the recommended daily iron requirement for menstruating females is higher than that for post-menopausal women?
2. Iron is essential in the production of haemoglobin, a protein found in red blood cells that carries which gases around the body?
  - a) Nitrogen & carbon dioxide
  - b) Methane & oxygen
  - c) Oxygen & carbon dioxide
  - d) Oxygen only
3. True or false, iron requirements stay the same for women during pregnancy and breast feeding?
4. True or false, the only viable source of iron in the diet is from red meat?
5. True or false, the female hormone estrogen plays a role in protecting against heart disease and osteoporosis?
6. True or false, symptoms associated with Pre-menstrual syndrome (PMS) and Perimenopause may be improved through diet and exercise?
7. Experts agree the best source of vitamin D is:
  - a) Coffee
  - b) Asparagus
  - c) Sunshine
  - d) Bacon
8. All B-vitamins are important for female health, especially their roles in which of the below options:
  - a. Metabolism
  - b. Energy balance
  - c. Nervous system support
  - d. Immune support
  - e. Stress management
  - f. All of the above
9. Folic acid is important during pregnancy for the healthy development of the foetus. It is also known as:
  - a. Folate (B2)
  - b. Folate (B5)
  - c. Folate (B9)
  - d. Folate (B12)



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10. Chocolate cravings during PMS are common, and may be an indicator the body is looking for sources of minerals, in particular:

- A) Iron & magnesium
- B) Boron & copper
- C) Sulphur & calcium

#### 02. EXTRA SELF-CARE

As females we have fluctuating hormones throughout any given day, week, month and lifetime. It's not just our diet that can help, but listening to our energy levels and emotional and mental needs during these times that is equally important.

In pairs, if you feel comfortable, share with each other:

Times when you know or feel you need to give yourself some extra care

What you do already, or intend to do in the future, in order to support you in these times when you need extra self-care?

Pick from the list or of course add your own:

- + Time out away from stressful stimulus
- + An extra rest day
- + Less movement/more movement
- + Different movement
- + Extra nutrition – perhaps an organic steak or a silverbeet smoothie
- + More connection with loved ones, pets or friends
- + Reduce caffeine
- + Increase vegetables and fruits
- + A good conversation
- + To be listened to
- + To express emotion
- + An extra piece of dark chocolate
- + A hot bubble bath
- + Some intimacy with a partner
- + An earlier bedtime
- + Less TV/more TV
- + A mindful walk/a power walk
- + Do you need to switch off, or be more switched on?

#### 03. BOX BREATHING

Find a comfortable space to partake in this week's group breathing exercise. If time permits, note how you feel mentally, physically and emotionally immediately following this exercise.

