

# 25 IMAGES PRESENTATION



## **Breast Health Foods**

That Support Breast Health in Women



- **Cruciferous Vegetables:** Broccoli, Kale
- **Berries:** Blueberries & Strawberries
- **Omega-3 Rich Fish:** Salmon, Sardines
- **Healthy Fats:** Avocado, Nuts, Seeds
- **Green Tea**
- **Soy Foods:** Tofu & Edamame



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# Daily Foods for **STRONG HAIR** in Women

EGGS & BIOTIN



SALMON



NUTS & SEEDS




LEAFY GREENS

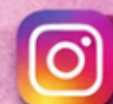


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# Foods to Avoid If You Have PCOS



Sugary Foods



Procesed Foods



Refined Carbs




Red Meat



Red Meat

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## Uses of Ginger — for Women —



- ✓ Relieves nausea and indigestion
- ✓ Helps with menstrual pain
- ✓ Boosts immunity naturally
- ✓ Reduces inflammation




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# PCOS-Friendly Foods for Women

- ✓ **Leafy Greens**  
like Spinach, Kale
- ✓ **Berries** (Blueberries,  
Strawberries)
- ✓ **Nuts & Seeds**  
(Almonds, Walnuts,  
Flaxseeds, Chia Seeds)
- ✓ **Whole Grains**  
(Quinoa, Oats,  
Brown Rice)
- ✓ **Healthy Fats**  
(Avocado, Olive Oil)
- ✓ **Lean Proteins**  
like Chickpeas,  
Lentils, Eggs



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## Uses of Cinnamon — for Women —



- ✓ Regulates menstrual cycles
- ✓ Helps control blood sugar
- ✓ Improves heart health
- ✓ Reduces inflammation


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## Thyroid-Friendly Foods

- ✓ Leafy Greens
- ✓ Berries
- ✓ Nuts & Seeds
- ✓ Whole Grains
- ✓ Avocado
- ✓ Greek Yogurt



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# Uses of Jeera Water

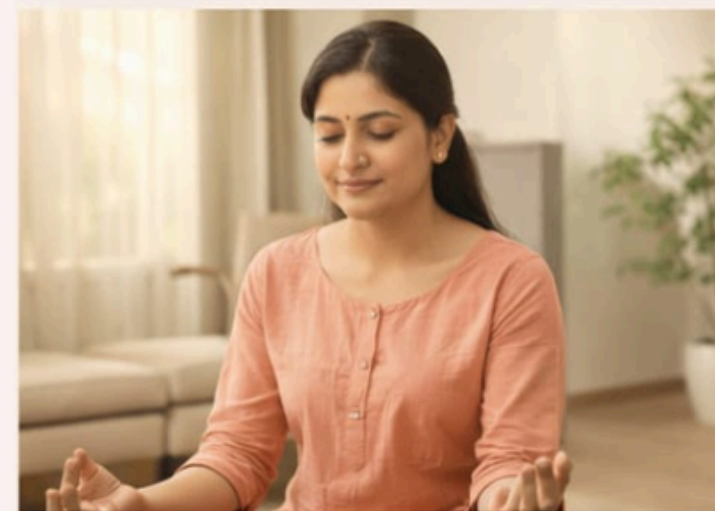


- ✓ Aids digestion & reduces bloating
- ✓ Boosts metabolism naturally
- ✓ Helps in weight loss
- ✓ Detoxifies the body



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# Healthy Habit Checklist — for Women —



- ✓ Practice daily self-care
- ✓ Stay hydrated
- ✓ Care for your nails and skin
- ✓ Limit sugar and junk food
- ✓ Keep track of your goals



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# Daily Health Tips — for Women —



- Start your day with warm water
- Eat more natural foods
- Move your body daily
- Sleep well & stress less



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# Iron-Rich Foods for Women

(Natural Sources)



Lean Red Meat



Spinach



Lentils



Quinoa



Pumpkin Seeds



Baked Beans

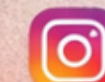




Quinoa



Tofu

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# Bone Strength

Calcium-Rich Foods Women Should Eat Daily



Greek Yogurt



Milk, Cheese & Yogurt



Almonds



Broccoli



Salmon



Chia Seeds



Broccoli



Tofu



Chia Seeds

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# Foods That Give Natural Glow to Women's Skin

Include These Skin-Nourishing Foods in Your Diet



Berries



Avocados



Fatty Fish



Nuts & Seeds



Sweet Potatoes



Leafy Greens



Tomatoes

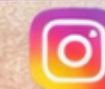


Green Tea



Citrus Fruits

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# Gut-Healthy Foods for Women (Daily Use)



♥ Best Foods for Digestive Health



✓ Yogurt

Contains probiotics that support gut flora



✓ Sauerkraut

Fermented food rich in beneficial bacteria



✓ Oats

High in fiber to support digestion & regularity.



✓ Kombucha

A probiotic-rich fermented drink



✓ Chia Seeds

High in fiber, forms a healthy gel in the gut



✓ Kefir

A probiotic-rich fermented milk drink

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# Bone Strength

## Calcium-Rich Foods

Women Should Eat Daily



DAIRY



LEAFY GREENS

ALMONDS



SOY PRODUCTS

SALMON



ORANGE

SESAME SEEDS

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# Immunity

## Daily Immunity-Boosting Foods for Women

Citrus Fruits



Turmeric & Ginger

Leafy Greens



Garlic & Onions

Yogurt & Berries



Nuts & Seeds

Boost Your Immune System & Stay Healthy!



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# Daily Diet Mistakes

Common Daily Food Mistakes Women Should Avoid



Skipping Breakfast



Overeating Sugary Snacks



Too Much Processed Food



Too Many Calories from Drinks



Low Fiber Intake

Excessive Fast Food



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# Night Routine

Night-Time Foods for Better Health in Women

- ☾ Warm Milk
- ☾ Chamomile Tea
- ☾ Tart Cherry Juice
- ☾ Nuts: Almonds, Walnuts
- ☾ Kiwi Fruit
- ☾ Whole Grain Foods:  
Oatmeal, Whole Craiir Toast



# Pregnancy Prep Foods

Every Woman Should Eat Before Pregnancy



- Leafy Greens & Cruciferous Veggies
- Healthy Fats: Avocado, Nuts, Seeds
- Lean Proteins: Eggs, Chicken, Fish
- Whole Grains: Quinoa, Brown Rice
- Fruits & Berries: Berries, Citrus
- Folic Acid & Prenatal Vitamins





# Blood Health

Foods That Improve Blood Circulation in Women

- ✓ Citrus Fruits: Oranges, Grapefruit
- ✓ Leafy Greens: Spinach, Kale
- ✓ Beets
- ✓ Garlic & Ginger
- ✓ Omega-3 Rich Fish: Salmon, Sardines
- ✓ Nuts & Seeds: Walnuts, Flax seeds
- ✓ Foods High in Iron: Lentils, Beans



# Period Health



Foods to Eat During Periods & Foods to Avoid

## FOODS TO EAT



### FRUITS



### OMEGA-3 RICH FOODS



### DARK CHOCOLATE



### WARM HERBAL TEAS



## FOODS TO EAT



### NUTS & SEEDS

## FOODS TO AVOID



### PROCESSED FOODS

# Stress Relief

Foods That Reduce Stress & Anxiety in Women



Green Tea



Green Tea



Nuts & Dark Chocolate



Fatty Fish & Avocados



Leafy Greens



Yogurt & Seeds



Chamomile & Ginger



Stay Calm & Healthy! Naturally!



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# Thyroid Support

Thyroid-Supporting Foods for Women



IODINE-RICH FOODS



LEAN MEATS

EGGS



BERRIES



LEAN MEATS



NUTS & SEEDS



OATS & WHOLE GRAINS



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# Inflammation

Anti-Inflammatory Foods for Women



- ✓ Berries: Blueberries, Strawberries
- ✓ Fatty Fish: Salmon, Sardines
- ✓ Leafy Greens: Spinach, Kale
- ✓ Nuts & Seeds: Walnuts, Chia Seeds
- ✓ Turmeric
- ✓ Olive Oil & Avocado
- ✓ Ginger & Garlic
- ✓ Green Tea



# Detox

Natural Detox Foods  
for Women  
(Daily Safe Foods)



Cleanse & Refresh Your Body Naturally!

