



Your Health, Your wellness, Your Way.



Nutrition for Women’s Health

Patient’s Educational Guide



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Disclaimer: This material is for educational purposes only and does not replace medical advice, diagnosis, or treatment.

Introduction

Nutrition plays a key role in energy, hormones, and overall wellness.

What to know

- Food impacts hormones, metabolism, and energy
- Balanced nutrition supports long-term health
- Small changes lead to lasting results

Key Principles

- Protein – supports muscle and metabolism
- Fiber – supports digestion and blood sugar
- Healthy fats – support hormones
- Hydration – essential for overall function

When to Pay Attention

- Fatigue or low energy
- Weight changes
- Digestive issues
- Poor eating patterns

Cultural Sensitivity in Care

Why This Matters

- Diet patterns vary across cultures
- Cultural foods can support or impact health

Key Considerations

- African American / Black Women – higher sodium intake trends
- Caribbean Women – traditional diets may be high in starches
- Latina / Hispanic Women – cultural foods may impact glucose levels
- Asian Women – rice-based diets impact glycemic control

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- Native American Women – access to fresh foods may vary

Important Takeaway

- Cultural foods can be adapted—not eliminated
- Balance is key

Simple Guidance

- Focus on whole, minimally processed foods
 - Balance protein, carbs, and fats
 - Limit added sugars
 - Stay hydrated
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Closing

For personalized nutrition guidance, contact **Holistic Origin Her Wellness**.

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