

PMS and Nutrition

That seemingly unstoppable urge for chocolate or starchy foods rears its head just before your period. There is a connection between an imbalance in oestrogen and progesterone and the way the body uses the hormone insulin. Insulin is primarily used by the body to deal with glucose (sugar). Certain substances in plants known as phyto-oestrogens have been discovered which can help to block the effect of excess oestrogen. This way, any imbalance in the ratio between oestrogen and progesterone can be evened out and PMS symptoms are decreased.

- Eat at least 4 servings of soya products a week and include other phyto-oestrogen- all soya products and chickpeas, beans, lentils, rye, and citrus fruits.
- Include foods rich in essential fatty acids in your diet - seeds, nuts, fish
- Include plenty of foods which are naturally rich in fibre - include beans, lentils, oats, brown rice, vegetables and fruits
- Increase your intake of cruciferous vegetables - cabbage, broccoli, kale and Brussels sprouts
- Minimise your intake of sugar and sugary foods or drinks
- Reduce your intake of animal fats - milk, cheese, cream
- Limit your alcohol intake to no more than three units, three times a week, and have some weeks completely alcohol-free