



## Healthy Living at Hannaford

### PMS

There's no way around it - ladies, you know what we're talking about! Premenstrual symptoms are a natural part of the menstrual cycle, affecting menstruating women of all ages.

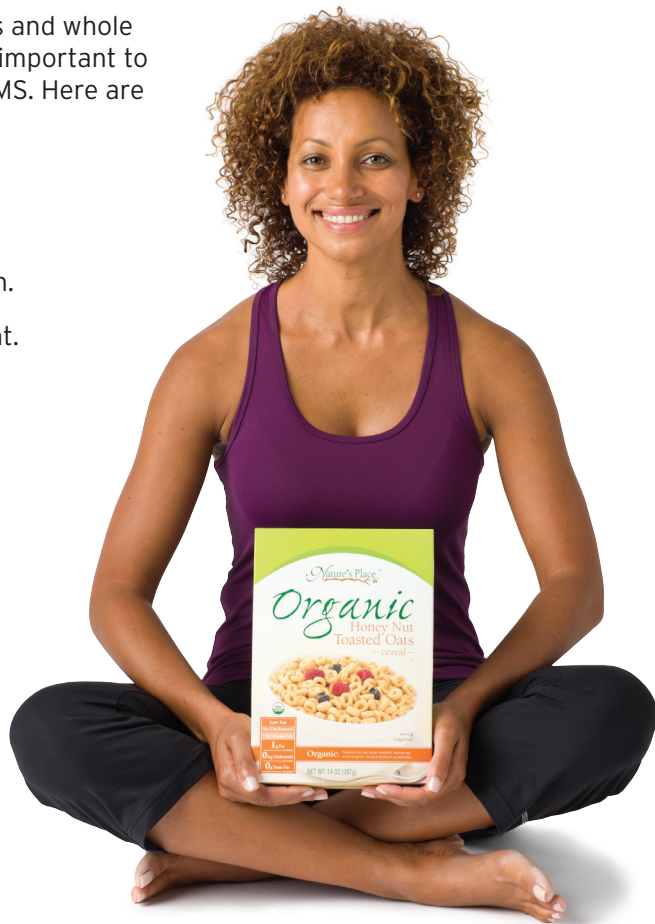
According to the U.S. Department of Health and Human Services Office on Women's Health, premenstrual syndrome, or PMS, often includes both physical and emotional symptoms, such as:

- Acne
- Swollen or tender breasts
- Feeling tired
- Trouble sleeping
- Upset stomach, bloating, constipation, or diarrhea
- Headache or backache
- Appetite changes or food cravings
- Joint or muscle pain
- Trouble with concentration or memory
- Tension, irritability, mood swings, or crying spells
- Anxiety or depression

### PMS Relief

Maintaining a healthy diet full of healthy foods, like fruit, veggies and whole grains, is important every day and - as you can see - even more important to help your body cope with the monthly challenge and stress of PMS. Here are some other ways to relieve PMS:

- Cut back on caffeine in the days leading up to your period to lessen mood swings and breast tenderness.
- Avoid salty foods to help minimize bloating and fluid retention.
- Get enough sleep. Try to get about 8 hours of sleep each night.
- Find healthy ways to cope with stress. Talk to your friends, or write in a journal. Some women also find yoga, massage, or relaxation therapy helpful.
- Exercise to help relieve depression and ward off fatigue.
- Avoid alcohol when you have PMS. Alcohol can magnify depression and interrupt the sleep cycle.
- Don't smoke.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).



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### Fight PMS with Food

Whether your symptoms are mild or severe, the nutritional suggestions below will help you fight PMS with food - making "that time of the month" more bearable for you (and possibly those around you).



<b>Nutrient:</b>	<b>Symptom Relief:</b>	<b>Foods for PMS Symptom Relief:</b>
Vitamin A	Reduces Bloating & Stress	Sweet Potatoes, Carrots, Cantaloupe, Eggs, Apricots, Mangos, Peas, Broccoli
Vitamin B	Reduces Cravings, Bloating, Tiredness & Depression	Whole Grains, Garbanzo Beans, Extra Lean Beef, White Potatoes with skin, Bananas, Chicken Breast, Unsalted Pistachios
Vitamin C	Decreases Cramping, Headaches, Bloating, Mood Swings & Irritability	Milk, Yogurt, Cheese, Broccoli, Kale, Spinach, White Beans, Cauliflower, Celery, Potatoes, Oranges, Lemons, Limes, Strawberries, Raspberries, Zucchini, Asparagus, Tomatoes, Sweet Bell Peppers, Canned Sardines, Salmon, Soy Beans, Fortified Orange Juice
Vitamin E	Reduces Headaches & Breast Tenderness	Fruit, Veggies, Salad Oil & Whole Grains
Magnesium	Reduces Breast Tenderness, Bloating & Mood Swings	Peanut Butter, Brown Rice, Whole Grains, Beans, Sunflower Seeds, Dark Green Veggies, Wild Salmon, Cashews & Wheat Germ
Omega-3 Fatty Acids	Reduces Cramping, Breast Tenderness & Mood Swings	Tuna, Salmon, Mackerel, Sardines, Flaxseed, Flaxseed Oil, Walnuts, Walnut Oil, Canola Oil



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