

Nutrition Prescription for Dysmenorrhea (Menstrual Pain)

FOODS TO AVOID:

1. Limit foods rich in omega-6 fatty acids (**margarines, soybean oil, sunflower oil, safflower oil, cottonseed oil**, processed foods containing these oils, foods fried in these oils, restaurant foods containing these oils and excessive meat intakes)¹

FOODS TO EAT:

2. Eat **vitamin E rich foods** daily (**olive oil & nuts**)^{2,3}
3. Eat **omega-3 rich foods** daily^{2,4}

For those who eat fish regularly:	For those who don't eat fish:
<ul style="list-style-type: none">• Eat omega-3 containing fatty fish (salmon, mackerel, herring, sardines, anchovies) twice per week [each serving should be approximately 3 oz which is approximately the size of your palm and thickness of your pinky finger]+• Eat 1.5 tablespoons of omega-3 containing flaxseeds or 1 tablespoon of chia seeds daily	<ul style="list-style-type: none">• Eat 2 heaping tablespoons of omega-3 containing flaxseeds or 1.5 tablespoons of chia seeds daily
NOTE: If experiencing ongoing symptoms, consider even higher intakes of omega-3s rich-foods	

The fundamentals: exercise, eats lots of vegetables, drink lots of water, don't overindulge, take 1000-2000 IU of Vitamin D every day, prioritize sleep, find ways to manage stress.

REFERENCES

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