

## 10 Best Foods For Women

### 10. Bean There, Done That

Beans should be included in everyone's diet -- they're nutritious, low in fat and inexpensive. There's over 5 grams of fiber in one half-cup serving -- that's a whopping fourth of your daily allowance. A fiber-rich diet is one of the first components to colon cancer prevention.

### 9. Kale to the Chief

Kale is an often-overlooked vegetable that is positively loaded with folate, an important B vitamin for women. Having a deficiency in folic acid during pregnancy may cause neural-tube defects in babies. The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) recommend that women take in 400 micrograms of folate daily.

### 8. Beta Sight

Those orange squashes (and tubers) like pumpkin, butternut squash and sweet potatoes are a gal's best friend. Beta-carotene, a precursor to vitamin A, is just screaming to get out and work its antioxidant magic on your body. Beta-carotene is thought to help reduce the risk of breast cancer and is responsible for helping your body repair your skin.

### 7. Just the Flax, Ma'am

Flax seeds and flax seed oil have so much to offer women. For starters, flax is full of Omega 3 fatty acids which may help protect a woman from heart disease (the leading cause of premature death among women) and the pain of arthritis.

### 6. Iron It Out

Women need to eat more iron-rich foods. Getting iron from food sources (as opposed to a supplement) is a better way to get the iron needed because the form of iron contained in food is much easier to absorb than in pill form. Lean red meats and dark poultry, as well as lentils, are a few of the best sources for iron.

### 5. Oh Boy, It's Soy!

Phytoestrogen-rich soybeans can help a woman significantly lower her bad cholesterol (LDL) and raise the good (HDL) cholesterol. Tofu is a great way to get soy protein.

### 4. Water, Water Everywhere

Water may be one of the best tools in the weight loss game. It suppresses the appetite and helps your body metabolize stored fat!

### 3. Broccoli Power!

Broccoli is a fabulous source of calcium and contains other important nutrients like potassium and a good smattering of B vitamins, too.

### 2. Chalk up the Calcium

The RDA is 800 milligrams a day, but some experts say that isn't enough and it should be more like 1,200 to 1,500 milligrams a day. When you take into consideration the epidemic of osteoporosis among older women, it might not be a bad idea to up your dairy product intake.

### 1. Something's Fishy Here!

Salmon is also high in protein, low in cholesterol and contains quite a few B vitamins, calcium, zinc, iron and magnesium.