

MENSTRUATION AND NUTRITION: THE EFFECT OF HEALTHY EATING ON THE MENSTRUAL CYCLE

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Introduction: The menstrual cycle is divided into two phases: the follicular phase and the luteal phase, influencing various physiological processes in the body, especially nutritional status. In this context, consuming healthy foods can positively impact the menstrual period, helping to alleviate cramps, control bleeding, reduce and prevent uterine-related diseases, and improve overall well-being. Therefore, it is essential to analyze the importance of good nutrition during menarche. **Objective:** To analyze and describe how healthy eating can influence the menstrual cycle. **Methodology:** This is a literature review that conducted a search in the National Library of Medicine (PUBMED) databases. The descriptors used were “Menstrual Cycle” and “Diet,” combined with the boolean operator “AND.” The search yielded 129 results, but only 3 were selected. **Results and Discussion:** The phase divisions during menarche are crucial not only for reproduction but also for various physiological processes, particularly nutritional ones. Hormone levels fluctuate during these phases, influencing nutritional values. For example, estrogen levels are high in the early follicular phase, low in the late follicular phase, and moderate in the luteal phase. This significantly affects food intake, with higher energy foods recommended during low-energy periods and lower energy foods during peak times. Progesterone levels are low in the early follicular phase, high in the late follicular phase, and also high in the luteal phase. Additionally, these hormones affect nutritional factors: estrogen suppresses appetite, while progesterone has the opposite effect. Consequently, diets have been developed to improve women’s health during this period, considering phases of intense bleeding, cramps, premenstrual tension, endometriosis, and other factors. It was observed that dietary assessment should vary depending on each individual’s menstrual cycle and whether they have any uterine conditions, analyzing when to consume higher or lower amounts of proteins, carbohydrates, and dairy products. Furthermore, it is important to evaluate occurrences of low and high energy peaks during menstrual phases to select appropriate nutrition for improving each woman’s health. **Conclusion:** Thus, nutrition during the menstrual period is crucial for female health. Various dietary options should be adjusted to each woman’s body and how it responds during the menstrual cycle. Despite the findings, further studies are needed to more thoroughly analyze healthy eating during menarche.

Keywords: Menstrual Cycle; Healthy Eating; Health.

Thematic Area: FREE THEMES IN MEDICINE.