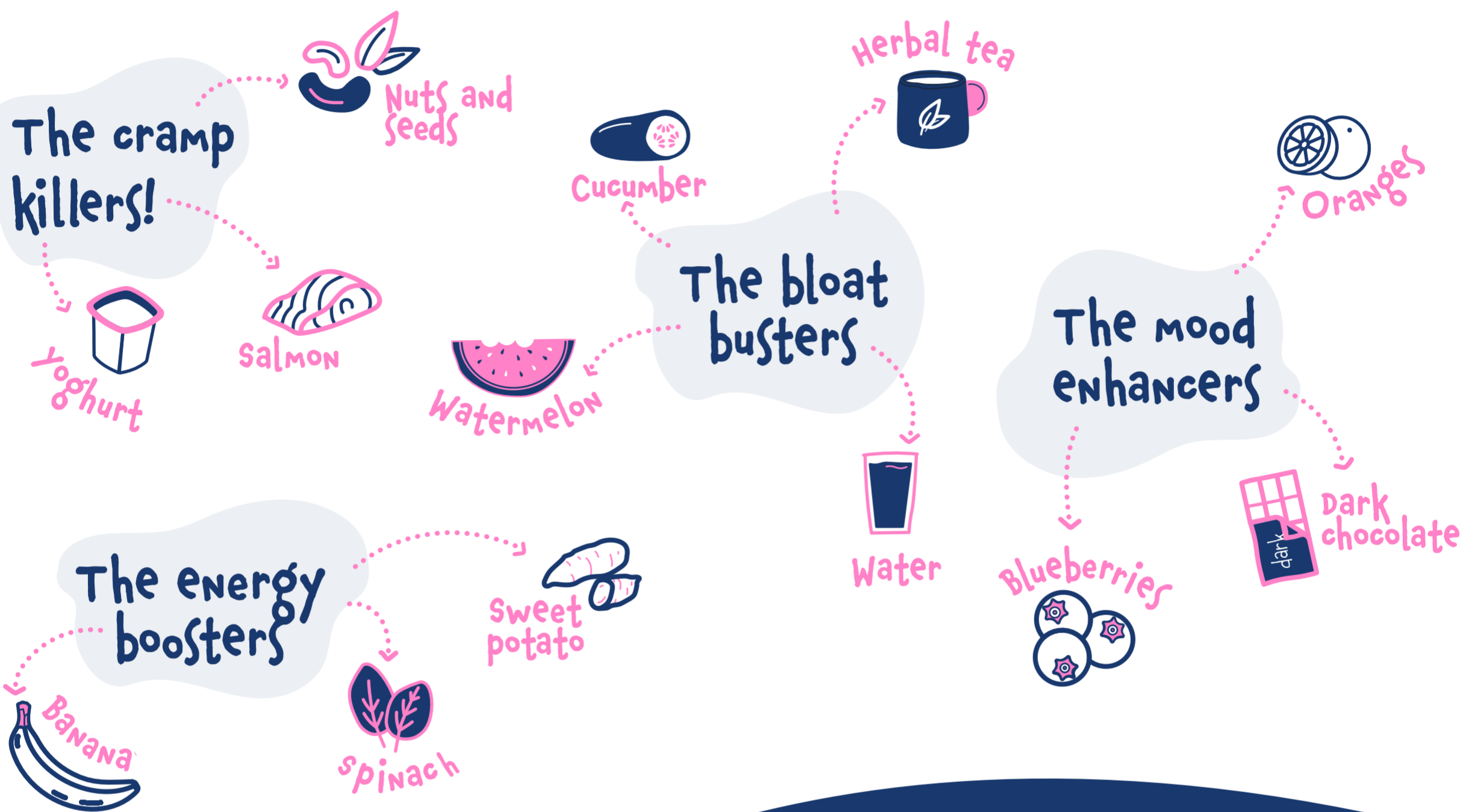


A GUIDE TO

# Period positive food

## Food to enjoy



## Food to avoid

### Salty & processed food

These will only make you more bloated, which in turn can make cramps more painful!

### Sugar

We get it. You're tired, a bit snappy, and reallllly crave the sugary goodness...but trust us, long term it won't be good. Too much sugar can cause you to sugar-crash, leaving you feeling even more tired and agitated, so maybe just go for the one chocolate bar, not the family pack.

### Dairy

Eating too much dairy while on your period can cause you to bloat up, and even upset your stomach, which will leave you feeling washed out and can make cramps feel worse.

### Fizzy drinks

Another go-to for a little energy boost are fizzy drinks, but all that sugar and fizz can really bloat you, again making your cramps worse, not to mention the sugar-crash which could also follow.