

# Premenstrual Syndrome (PMS)

## What Is It?

- 2 weeks prior to your period and the problems experienced, ends once you begin menstruating



## What Are The Symptoms?

- Headache, fatigue, forgetfulness, mood swings, weight gain, breast tenderness, anxiety, food craving, anger, depression, poor concentration, sleep disturbances, pain intolerance (backaches and cramps), tense, confused, sad, water retention, physical and emotional problems, muscle aches, tension, swollen breasts



## Information:

- **Craves-** ice cream, chocolates, cookies, salty carbohydrates as potato chips, pretzels, popcorn, sugar intake may increase as much as 15 to 20% OVER NORMAL INTAKE
- **Serotonin-** may be the culprit, neurotransmitter in the brain, raised by sugars and starches and may improve mood, more relaxed and calm
- Increase 500 calories/day for one week (equals 1 lb. weight gain per week)
- Choose air popped popcorn, all fruit jam, pretzels, small portions of chocolate

## What Can I Do?

- **See your Health Care Provider**
  - Talk with him about your needs
- Go with carbohydrates and avoid fats, increase fiber
- **See a RD for help with your diet**
  - High Carbohydrate and Low Protein Diet may ease PMS
  - See FFF High CHO and Low Protein Diet
- Increase foods high in calcium, magnesium, (see lists of foods), Vitamin E
- **Limit alcohol, caffeine, high fat, high sugar foods**
- **Diet 3 meals and bedtime snack or 6 small meals per day** oatmeal, wheat germ, low fat milk, WW toast, all fruit jam, grape juice, turkey or chicken, lettuce and tomato, honey mustard, fruit salad, yogurt, tofu, fat free cheese, fresh fruits and vegetables

