

# What To Eat During Periods To Reduce Pain





# Foods That Soothe Cramps and Boost Energy During Periods

Certain foods can soothe menstrual cramps and boost energy during periods. If you're wondering [what to eat during periods to reduce pain](#), start with magnesium-rich foods like spinach and almonds, which help relax muscles. Iron-packed foods such as lentils and leafy greens replenish energy lost through bleeding, making them essential for anyone thinking about what to eat during periods to reduce pain. Omega-3s from salmon and walnuts reduce inflammation, while hydrating fruits like watermelon help prevent bloating key choices when considering what to eat during periods to reduce pain. Additionally, warm meals, ginger, turmeric, and dark chocolate provide comfort, calm pain, and improve mood, making your cycle more manageable and less draining.

# Menstrual Pain? Try These Foods for Relief



Certain foods can naturally ease menstrual pain by reducing cramps, bloating, and fatigue. If you're wondering [what to eat during periods to reduce pain](#), focus on magnesium-rich, iron-packed, and anti-inflammatory foods like leafy greens, nuts, fish, and ginger, which help support energy, calm muscles, and improve overall comfort during periods. Hydrating fruits and warm foods can further soothe the body, making it easier to decide what to eat during periods to reduce pain. Dark chocolate and calcium-rich items boost mood and relax muscles, offering additional relief when considering what to eat during periods to reduce pain.

