

Women's Nutrition Guide

A well-balanced diet is crucial for women to attain optimal health across all stages of life. Nutrition plays a vital role in supporting women during critical life phases, such as pregnancy, lactation, menopause, and while managing health issues like polycystic ovarian syndrome (PCOS). Moreover, physically active women have distinct nutritional requirements to maintain their well-being. Orgain® offers a variety of products to help support and promote women's health and well-being.



Nutrient Concerns For Physically Active Women

Women who engage in regular physical activity enjoy numerous mental and physical health benefits. However, higher energy expenditure may also raise the likelihood of nutrient deficiencies. Through careful planning and attention to diet, these potential nutrient shortfalls can be effectively prevented in this population.^{1,2}

Iron, vitamin D, and calcium are essential nutrients for active women as well as female athletes, as they play crucial roles in maintaining optimal health and performance.^{3,4} Women who engage in endurance activities are at risk for iron deficiency due to losses via insufficient dietary intake, menstruation, sweating, and exercise induced acute inflammation.⁵ Sub-optimal intakes of vitamin D and calcium have also been observed in female athletes and are associated with increased risk of stress fractures.³ Finally, physically active women and athletes need adequate protein, micronutrients, and total calories – which support lean mass preservation, as well as performance and recovery.¹

Orgain® offers several great tasting, nutrient dense, products that may be helpful to support the nutritional needs of physically active women.

Nutritional Attributes* (Click on product images to learn more about each product.)				
	Orgain® Organic Nutrition™ Protein Shake	Orgain® Organic Nutrition™ Plant Protein Shake	Orgain® Perfect Meal™ Powder	Orgain® Organic Protein™ Almond Milk
Good Source of Protein	✓	✓	✓	
Caloric Energy Support	✓	✓	✓	✓
Micronutrients to Support Women's Health*	✓	✓	✓	✓

*Nutritional values subject to change and may vary by flavor. Visit <https://orgain.com/collections/products> for full nutritional information per product.

+Contains iron, vitamin D and calcium.

Pregnancy & Lactation

Women who are pregnant or lactating have unique nutritional needs. Good nutrition during pregnancy helps nourish the developing fetus and supports the body as it handles the extra demands of pregnancy, and consuming the right nutrients during lactation supports both mom and baby, too.

Women carrying singletons, twins, or triplets should aim to increase their daily caloric intake by approximately 300 calories for each baby starting from the second trimester, and by 400 calories for each baby during the third trimester, however recommendations vary based on Body Mass Index (BMI).^{6,7} In addition to total caloric requirements, the recommended dietary allowance (RDA) for protein increases from 0.8 g/kg during the first trimester to 1.1g/kg during the second and third trimesters to support fetal growth.⁸ There are several key vitamins and minerals that become even more important to the fetus and mother's body during pregnancy, including folate, iron, calcium, vitamin D, omega-3 fatty acids, B vitamins, and vitamin C, among others.⁹ In addition to consuming a nutrient-dense diet, mothers are recommended to take a daily prenatal vitamin to ensure appropriate intake of these important nutrients during pregnancy.⁹ Part of sound nutrition in pregnancy also involves adequate hydration, and women who are pregnant should aim to consume between 8-12 cups of water per day.⁹ Additionally, women who are highly physically active during pregnancy will have even greater needs for calories, protein, vitamins, minerals, and water.¹⁰

Lactation also increases a woman's nutritional needs. Women who are lactating require about 330 more calories per day in the first six months, and 400 calories during the second six months, compared to their caloric needs pre-pregnancy.^{11,12} Similarly, women who are lactating should also prioritize hydration and obtaining a variety of important micronutrients, with a special emphasis on folate, iodine, and choline.¹¹

Orgain® offers several great tasting products that can help support the nutritional needs of women who are pregnant or lactating.

Nutritional Attributes* (Click on product images to learn more about each product.)	 Orgain® Organic Nutrition™ Protein Shake	 Orgain® Organic Nutrition™ Plant Protein Shake	 Orgain® Perfect Meal™ Powder	 Orgain® Organic Protein™ Almond Milk
Good Source of Protein	✓	✓	✓	
Caloric Energy Support	✓	✓	✓	✓
Micronutrients to Support Pregnancy & Lactation*	✓	✓	✓	✓

*Nutritional values subject to change and may vary by flavor. Visit <https://orgain.com/collections/products> for full nutritional information per product.

+Each product contains several but not all micronutrients mentioned in the "Pregnancy & Lactation" section.

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“Many of my breast-feeding moms struggle with supply. I usually recommend Orgain mixed with oatmeal to make breast-feeding successful by increasing their supply.”

- Anna, Nurse Practitioner



Perimenopause & Menopause

Menopause refers to the permanent cessation of menstrual periods for one year, marking the end of a woman's reproductive years due to her ovaries ceasing estrogen and progesterone production. Furthermore, perimenopause encompasses both the time before and after menopause, referred to as pre-menopause and post-menopause, respectively. Pre-menopause encompasses the range of hormonal and physiological changes that occur leading up to the halt of menstruation, and this phase can start years in advance. Finally, post-menopause represents the life stage that follows the end of the menstrual cycles.¹³

Several nutritional strategies are warranted for women experiencing perimenopause. For example, a nutrient-dense, plant-forward diet with adequate protein and fiber (e.g., whole grains, colorful fruits and vegetables, healthy fats, lean proteins, and adequate fluids) with appropriate calories should be encouraged to support weight management in this population.²² Given that post-menopause is characterized by decreased muscle mass and increased abdominal adiposity, weight maintenance and preservation of lean mass is paramount to help reduce the risk for several chronic diseases.¹⁴ Furthermore, decreased estrogen is associated with increased LDL and decreased HDL cholesterol, thus increasing the risk for developing cardiovascular disease.¹⁴ In addition to consuming a plant-forward, nutrient-rich diet, individuals at risk for cardiovascular disease are also advised to limit intake of added sugars due to the relationship between added sugar intake and cardiovascular disease mortality.¹⁵ Menopause is also period of rapid bone loss and by age 70, most women experience a 30 – 40% decline in bone mass.¹⁶ Dietary calcium can help mitigate some of the bone loss during the post-menopausal period and post-menopausal women are encouraged to increase their intake to 1,200 mg of calcium per day.¹⁷



Orgain® offers several delicious, nutrient dense products that may support the nutritional needs of this population.

Nutritional Attributes* (Click on product images to learn more about each product.)	 Orgain® 20g Plant Protein™ Shake	 Orgain® Organic Nutrition™ Plant Protein Shake	 Orgain® Perfect Meal™ Powder	 Orgain® Organic Protein™ & Superfoods Plant-Based Powder
	✓	✓	✓	✓
	✓	✓	✓	✓
	✓			✓
		✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓

*Nutritional values subject to change and may vary by flavor. Visit <https://orgain.com/collections/products> for full nutritional information per product.

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“The Orgain Nutrition Shakes are my all-time favorite! You can’t beat the flavor and the plant-based nutrition shakes supplement your day with 20+ vitamins and minerals. They’re great for when you need a nourishing snack on the go, or a quick breakfast. I always recommend them to my clients who struggle with getting enough calories and protein to support their hormone health and blood sugar control.”

-Katie, Registered Dietitian Nutritionist and Certified Personal trainer



Polycystic Ovarian Syndrome

While the exact cause is unknown, polycystic ovarian syndrome (PCOS) is a common metabolic and hormonal disorder that affects 1 in 10 women of reproductive age.¹⁸ Some women with PCOS may not have menstrual periods very often, while others have menstrual periods that last for many days. Many women with PCOS have too many androgens in the body, and insulin resistance (IR) is thought to play a role in this disorder.¹⁹ While the exact link between IR and PCOS remains unknown, 65 – 95% of women with PCOS also present with IR, and IR is considered a major driver of PCOS pathophysiology.²⁰

Diagnosis of PCOS is multifactorial and requires meeting two of three criteria for diagnosis: hyperandrogenism, ovulatory dysfunction, and presence of polycystic ovaries.²¹ If a diagnosis has been made, there are several nutritional strategies that are appropriate for managing PCOS, since the disease can be controlled, but not necessarily cured.¹⁹ One nutritional strategy is consuming appropriate calories for weight management, as overweight are known to exacerbate symptoms.²² Patients with PCOS should also consume balanced, portion-controlled meals to help with blood sugar stabilization and weight loss, when indicated. Lastly, for those with PCOS who are advised to lose weight, it is important to ensure sufficient dietary protein intake to maintain lean body mass during the weight loss process.²² The use of oral nutrition products such as ready to drink shakes, protein powders or meal replacements may be helpful for those trying to stabilize blood sugars, lose weight and maintain lean body mass.

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“I work with women who have PCOS/ Insulin Resistance. When we begin working together, we do a challenge to help them really hone in on choosing nourishing foods that will provide all the peripheral nutrients. My clients all use Orgain products (especially shakes) during the challenge since it is packed with nutrients and very helpful in balancing blood sugar. My clients report increased energy and more stable blood sugar when they have used Orgain products consistently!”

–Jessica, Registered Dietitian



This guide is for informational purposes only and is not intended to be medical advice. The material presented in this guide, and displayed on the associated webpage(s), is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should seek the recommendation of a medical professional regarding a medical condition or treatment or before starting a new nutrition and/or health regimen.

These products have not undergone research testing for effectiveness with the health needs discussed in this guide. You should read carefully all product packaging. If you have or suspect that you have a medical problem, promptly contact your health care provider.

Testimonials in this guide are created from unpaid Orgain® Healthcare Ambassadors.

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