

WHAT TO EAT ON RED DAY



Kale

Leafy greens like spinach, kale, collard greens and Swiss chard replenish body's iron supply.

Oranges

Calcium and vitamin D ward off PMS symptoms and reduce feelings of depression and anxiety.



Bananas

Best mood-boosting foods you can eat, thanks to its high dose of vitamin B6. Potassium and magnesium help reduce water retention and bloating.

Salmon

Rich in omega-3 fatty acids, which work to relax your muscles, relieving pain.



Broccoli

Contains all of the nutrients to ease PMS symptoms, boost your mood, fight fatigue, and combat depression.

Dark Chocolate

Good source of magnesium, tempers mood swings, helps regulate serotonin – the happy hormone.

