

THE WETNESS PLATE



Foods & Daily Nutrition Habits
That Support Natural Vaginal Lubrication

HEAL HER GLOBAL



THE WETNESS *Plate*

Foods & Daily Nutrition Habits
That Support Natural
Vaginal Lubrication

NOURISH
HYDRATE
BALANCE
FLOURISH

Support Your Body.
Enhance Intimacy.



Hydration
That Helps



Nutrients
That Matter



Foods That
Fuel Your Body



Better Health,
Better Intimacy



HEAL HER GLOBAL



CHAPTER 1

What Your Body Needs to Support Natural Lubrication

When you're dealing with vaginal dryness, it's tempting to search for **one food that will make you wetter**.

Watermelon. Okra. Avocado. Tiger nuts. Coconut water.

You'll find plenty of claims online about foods that supposedly increase wetness almost instantly.

But your body doesn't work that way.

There isn't a single food proven to switch vaginal lubrication on after you eat it. Natural lubrication is influenced by several things, including **sexual arousal, hormones, medications, hydration, vaginal health, and your overall health**.

Nutrition isn't a magic switch.

What it *can* do is make sure your body has the hydration, energy, fats, protein, vitamins, and minerals it needs to function normally.

That's the purpose of **The Wetness Plate**, supporting your body from the inside rather than chasing miracle foods.

1. Start With Hydration

Your body needs water for practically everything it does.

If you regularly go through the day barely drinking water, improving your fluid intake is one of the simplest nutrition habits you can address.

But here's the important part:

Drinking extra water isn't a guaranteed treatment for vaginal dryness.

If you're already adequately hydrated, forcing yourself to drink litres and litres of additional water isn't likely to suddenly make you wetter.

Instead, aim for consistent hydration throughout the day.

Simple habits help:

- Keep water somewhere you can see it
- Drink with your meals
- Drink more when you're exercising or sweating heavily
- Include water-rich foods in your diet
- Pay attention to thirst rather than deliberately restricting fluids

And remember that fluids can also come from foods such as **watermelon, cucumber, oranges, pineapple, tomatoes, soups, and other fruits and vegetables.**

2. Don't Be Afraid of Healthy Fats

Very low-fat diets aren't necessary for vaginal health.

Your body needs dietary fat for normal physiological functions, including providing essential fatty acids and helping you absorb fat-soluble vitamins.

Good everyday options include:

- Avocado
- Groundnuts and other nuts
- Seeds
- Eggs
- Oily fish
- Olive oil
- Other appropriate plant oils

You don't need huge quantities.

The goal is simply to include **reasonable sources of healthy fats as part of a balanced diet**, rather than trying to eliminate fat completely.

3. Your Body Needs More Than One “Special” Nutrient

You may see claims that vitamin E, omega-3, zinc, certain herbs, or another nutrient is *the secret* to vaginal wetness.

Be careful with that thinking.

Your body relies on **many nutrients working together**, and getting adequate nutrition is more useful than obsessing over one supposed “wetness vitamin.”

A varied diet containing:

Fruits + vegetables + protein + healthy fats + whole or minimally processed carbohydrates

provides a much broader range of nutrients.

Think:

Beans.

Fish.

Eggs.

Vegetables.

Fruits.

Groundnuts.

Avocado.

Whole grains.

Yam.

Sweet potatoes.

Nothing exotic is required.

4. Blood Flow and Overall Health Matter Too

Sexual arousal involves increased blood flow to genital tissues, which contributes to the body's physical sexual response.

That means habits that support your **general cardiovascular and metabolic health** are worth thinking about as part of the bigger picture.

Regular movement, balanced nutrition, adequate sleep, managing health conditions appropriately, and avoiding smoking all support general health.

Again, this isn't:

“Eat this food tonight and you'll be wetter.”

It's:

“Take care of the systems your sexual health depends on.”

That's a much more realistic way to think about nutrition and lubrication.

5. Food Cannot Fix Every Cause of Dryness

This is probably the most important thing to understand in this entire bonus.

You can eat beautifully and **still experience vaginal dryness.**

Dryness can sometimes be associated with hormonal changes, including menopause and breastfeeding. Certain medications and hormonal contraceptives may also contribute, and irritation or other health issues can sometimes be involved.

So if your dryness is persistent, painful, accompanied by unusual symptoms, or represents a significant change for you, don't keep adding foods and supplements hoping something eventually works.

Nutrition supports your body, it doesn't replace appropriate medical care.

THE WETNESS PLATE RULE

As you continue through this mini-guide, remember one simple rule:

Hydrate. Nourish. Don't chase miracles.

You don't need an expensive imported fruit.

You don't need a mysterious herbal mixture.

And you don't need to eat buckets of okra because somebody online promised it would make you instantly wet.

You need a body that is **adequately hydrated and properly nourished**, while recognizing that lubrication is influenced by much more than food.

In Chapter 2, we'll look at the other side of the equation, **everyday nutrition habits that may be working against you**.

CHAPTER 2

What May Be Working Against You

Supporting your body isn't only about what you **add** to your diet.

Sometimes it's also worth looking at everyday habits that may leave you poorly hydrated, undernourished, or simply not feeling your best.

And remember, none of these automatically causes vaginal dryness in every woman. Think of them as **things worth checking**, not a list of things you must completely eliminate.

1. Not Drinking Enough Fluids

If you're regularly going for long periods without drinking, especially in hot weather or when you're physically active, you may not be adequately hydrated.

Common situations include:

- Getting busy and forgetting to drink
- Spending hours outside in hot weather
- Exercising or sweating heavily without replacing fluids
- Drinking very little throughout the working day

The solution doesn't need to be complicated.

Drink consistently throughout the day instead of trying to catch up with huge amounts at once.

Water should be your main option, but foods with high water content can contribute to your overall fluid intake too.

2. Too Much Alcohol

Alcohol can contribute to dehydration, particularly when consumed in larger amounts.

It can also affect sexual function in ways that have nothing to do with vaginal moisture alone.

You don't necessarily need to avoid alcohol completely if you drink it, but don't rely on alcoholic drinks for hydration.

If you're drinking alcohol, **remember your water too.**

3. Highly Restrictive Dieting

Trying to eat “healthy” can sometimes go too far.

If you're constantly skipping meals, drastically cutting calories, removing entire food groups, or following restrictive diets without professional guidance, you may make it harder to get adequate energy and nutrients.

Your body needs:

- Protein
- Dietary fats
- Carbohydrates
- Vitamins
- Minerals

- Fluids

The goal of The Wetness Plate isn't restriction.

It's **adequate, balanced nutrition**.

4. Nutritional Deficiencies

If your diet lacks variety or you're consistently not eating enough, nutritional deficiencies can develop.

That doesn't mean every woman experiencing vaginal dryness needs supplements.

And it certainly doesn't mean you should start taking random vitamins because someone online claimed they increase wetness.

Instead, focus first on eating a varied diet containing foods such as:

Vegetables + fruits + protein sources + healthy fats + nourishing carbohydrates.

If you suspect you have a deficiency, particularly if you're experiencing other symptoms, speak with a healthcare professional rather than trying to diagnose yourself through diet alone.

5. Watch How Caffeine Fits Into Your Day

Coffee and tea can still contribute fluid to your daily intake, so you don't need to automatically eliminate them because you've heard that caffeine “dehydrates you.”

The bigger question is:

What does your overall day look like?

If you're drinking several cups of coffee or caffeinated drinks while barely drinking anything else, it may be useful to rebalance your routine.

And if caffeine affects your sleep, anxiety, or how you personally feel, reducing it may have benefits beyond hydration.

You don't need a complicated rule.

Make water a regular part of your day and pay attention to how caffeine affects you personally.

A QUICK DAILY CHECK

Ask yourself:

- ☐ Have I been drinking fluids consistently today?
- ☐ Have I eaten enough?
- ☐ Did my meals contain some protein?
- ☐ Have I included a source of healthy fat?
- ☐ Have I eaten fruits or vegetables?
- ☐ Am I following an unnecessarily restrictive diet?
- ☐ Have alcohol or caffeinated drinks replaced most of my water today?

If several answers make you pause, that's where you can start making small changes.

You don't need a perfect diet.

You need **consistent habits that keep your body adequately hydrated and nourished.**

And now that we've covered what your body needs and what may work against good nutrition and hydration, let's get practical.

In Chapter 3, we'll build your **Lubrication-Friendly Food List**, using foods you can actually find and eat regularly, including familiar Nigerian and African options.

CHAPTER 3

The Lubrication-Friendly Food List

Now let's make this practical.

There is no special food that guarantees vaginal lubrication, but there are plenty of everyday foods that can help you maintain **good hydration, adequate nutrition, healthy fats, protein, and the nutrients your body needs for overall health.**

And you don't need expensive imported “superfoods.”

Many of the foods you need are already sitting in Nigerian kitchens, markets, and supermarkets.

The goal is simple:

Build meals that nourish your body consistently instead of searching for one miracle ingredient.

1. Water-Rich Fruits and Vegetables

Foods with a high water content contribute fluid alongside the water and other drinks you consume throughout the day.

Good options include:

- Watermelon
- Cucumber
- Oranges
- Tangerines
- Pineapple
- Pawpaw
- Tomatoes
- Lettuce

- Garden eggs
- Grapefruit

Easy ways to eat more:

Add cucumber and tomatoes to meals.

Have watermelon, oranges, or pawpaw as a snack.

Keep washed fruit somewhere visible so it's easier to reach for.

You don't need to eat all of these every day. **Choose what is affordable, available, and enjoyable for you.**

2. Healthy Fats

Your body needs dietary fat as part of a balanced diet, including essential fatty acids and fats that help with the absorption of certain vitamins.

Useful sources include:

- Avocado
- Groundnuts
- Cashews
- Walnuts
- Seeds
- Eggs
- Fish
- Olive oil
- Other appropriate plant oils

You don't need enormous amounts.

The goal is simply to make sure you're **not unnecessarily removing fat from your diet.**

For example, you could add avocado to a meal, snack on a small handful of groundnuts, eat eggs with breakfast, or include fish in your meals.

3. Omega-3 Sources

Omega-3 fatty acids are important nutrients involved in several functions throughout the body, including cardiovascular health.

Food sources include:

- Sardines
- Mackerel
- Salmon
- Herring
- Chia seeds
- Flaxseeds
- Walnuts

You don't need salmon every week to eat well.

For many Nigerian households, **sardines and mackerel are much more accessible options.**

The point isn't to chase the most expensive food.

It's to choose nutritious foods you can realistically continue eating.

4. Don't Forget Protein

Protein is another basic part of good nutrition.

Fortunately, there are plenty of familiar options:

- Eggs
- Fish
- Chicken
- Turkey
- Beans
- Lentils
- Moi moi
- Lean meat
- Unsweetened or lower-sugar dairy foods, if you consume dairy

Try to include a protein source in your main meals rather than building your entire plate around carbohydrates.

For example:

Rice + beans + vegetables + fish

gives you a more balanced meal than eating rice alone.

5. Eat More Colour

Fruits and vegetables provide vitamins, minerals, fibre, and a wide variety of naturally occurring plant compounds.

Instead of obsessing over which vegetable is supposedly “best for wetness,” aim for **variety**.

Think:

 **Green:** ugu, spinach, okra, lettuce, cucumber

 **Red:** tomatoes, watermelon, red peppers

 **Orange:** carrots, oranges, pawpaw

 **Purple:** garden eggs, aubergine

The more varied your diet is, the less you have to depend on one food to provide everything your body needs.

BUILD YOUR WETNESS PLATE

You don't need to calculate every nutrient at every meal.

Use this simple formula as a general guide:

VEGETABLES OR FRUIT + PROTEIN + NOURISHING CARBOHYDRATE +
HEALTHY FAT + FLUID

That could look like:

Jollof rice + grilled fish + vegetable salad + avocado + water

or

Boiled yam + egg sauce with tomatoes and vegetables + fruit + water

or

Rice + beans + grilled fish + vegetables + water

or

Moi moi + vegetables + fruit + water

or

Sweet potato + eggs + avocado + cucumber and tomatoes + water

Nothing fancy.

Nothing imported.

Just familiar foods combined in a more balanced way.

A Simple Day of Eating

Here's what putting everything together might look like:

BREAKFAST

Eggs with whole-grain bread, avocado, and a piece of fruit.

Drink: Water.

LUNCH

Rice and beans with fish and a generous serving of vegetables.

Drink: Water.

SNACK

Watermelon, orange, pawpaw, cucumber, or a small handful of groundnuts.

DINNER

Boiled yam or sweet potato with vegetable sauce and fish, chicken, eggs, or beans.

Drink: Water.

This isn't a compulsory meal plan.

You can swap foods according to your budget, preferences, culture, and what you already have at home.

What matters is the **pattern**.

KEEP IT SIMPLE

If you remember nothing else from The Wetness Plate™, remember these five things:

- 1. Drink fluids consistently throughout the day.**
- 2. Eat water-rich fruits and vegetables regularly.**
- 3. Include healthy fats rather than trying to eliminate all dietary fat.**
- 4. Eat enough protein and a varied, balanced diet.**
- 5. Don't expect food to correct persistent vaginal dryness that may have another underlying cause.**

Nutrition is one piece of the bigger picture.

Hormonal changes, medications, breastfeeding, menopause, irritation, sexual arousal, and certain health conditions can also influence vaginal dryness. If dryness persists, becomes painful, or occurs alongside other unusual symptoms, speak with a qualified healthcare professional rather than continuing to change your diet in search of a solution.

The Wetness Plate isn't about eating perfectly.

It's about giving your body a **consistent foundation of hydration and adequate nutrition** while understanding what food can, and cannot, do.

You don't need a magic food that makes you instantly wet. You need to understand what your body needs to support healthy lubrication from the inside out.