



# MENOPAUSE MASTERY: NOURISHING YOUR BODY

## YOUR GUIDE TO A MENOPAUSE-FRIENDLY DIET

This guide provides a summary of key nutrients, food sources, and meal planning tips to support your well-being during menopause.

<b>Nutrients</b>	<b>Benefits</b>	<b>Food Source</b>
Calcium	Maintains bone health, reduces risk of osteoporosis.	Dairy products, leafy greens, fortified plant milk, almonds, tofu.
Vitamin D	Aids calcium absorption, supports immune function and mood.	Fatty fish, eggs, fortified foods, sunlight exposure.
Omega-3 Fatty Acids	Reduces inflammation, supports heart health, improves mood and cognition.	Fatty fish (salmon, tuna, mackerel), flaxseeds, chia seeds, walnuts.
Phytoestrogens	Plant compounds that mimic oestrogen, may help with hot flashes and other symptoms.	Soy products, flaxseeds, whole grains, legumes.
Magnesium	Supports muscle and nerve function, regulates blood sugar, improves sleep.	Leafy greens, nuts, seeds, whole grains, legumes, dark chocolate.



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### Embrace the Anti-Inflammatory Approach:

Chronic inflammation can contribute to various menopause symptoms. Prioritise these foods:

- Fruits and vegetables: Berries, leafy greens, cruciferous vegetables (broccoli, cauliflower).
- Fatty fish: Salmon, tuna, mackerel.
- Nuts and seeds: Almonds, walnuts, flaxseeds, chia seeds.
- Whole grains: Brown rice, quinoa, oats.
- Healthy fats: Olive oil, avocado.
- Herbs and spices: Turmeric, ginger, garlic.

### Limit these foods:

- Processed foods: Fast food, packaged snacks, sugary cereals.
- Sugary drinks: Soda, juice, energy drinks.
- Refined carbohydrates: White bread, pastries, white rice.
- Unhealthy fats: Trans fats, saturated fats.
- Excessive alcohol: Hydration is Key:
- Aim for 8+ glasses of water per day.
- Increase intake: Carry a water bottle, set reminders, infuse water with fruits.
- Hydrating foods: Watermelon, cucumber, spinach, strawberries.



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### Embrace the Anti-Inflammatory Approach:

#### Menopause-Friendly Meal Ideas:

- Breakfast: Greek yogurt with berries and granola, smoothie with spinach and fruit, whole-wheat toast with avocado and egg.
- Lunch: Salad with grilled chicken or tofu and plenty of vegetables, lentil soup with whole-grain bread, quinoa bowl with roasted vegetables and chickpeas.
- Dinner: Salmon with roasted vegetables, chicken stir-fry with brown rice, lentil pasta with marinara sauce and vegetables.
- Snacks: Fruits, vegetables with hummus, nuts and seeds, Greek yogurt.

#### Tips for Success:

- Plan your meals: Create a weekly meal plan to ensure you're incorporating a variety of nutrient-rich foods.
- Cook at home: Cooking at home allows you to control the ingredients and portion sizes.
- Listen to your body: Pay attention to your hunger cues and eat when you're truly hungry.
- Be mindful: Savor each bite and appreciate the nourishment your food provides.
- Seek support: If you need guidance, consult a registered dietitian or nutritionist.

#### Remember:

This is a journey, not a race. Focus on making gradual and sustainable changes to your diet. Celebrate your successes and be kind to yourself along the way.