



Introduction to Food & Menopause

Understanding the Role of Nutrition in Menopause

How Dietary Choices Can Support Your Wellbeing

Our Journey Together: Finding What Works for You





How Menopause Affects Your Body

Hormonal Changes

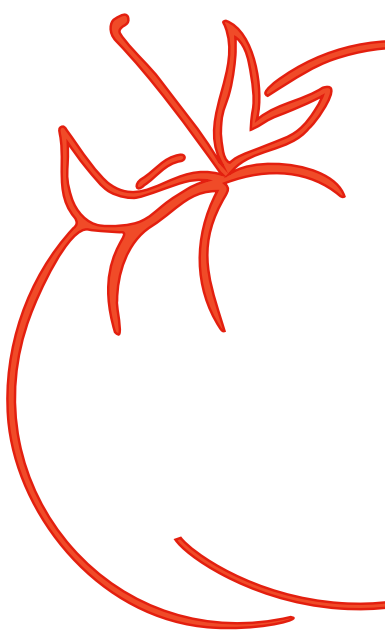
The impact of fluctuating oestrogen levels on your body

Metabolic Slowdown

How metabolism changes and affects weight management

Nutrient Needs

Increased need for certain vitamins and minerals during menopause



The Importance of Balanced Nutrition

Healthy Fats

Importance of Omega-3s and other healthy fats for hormone balance

Lean Proteins

Supporting muscle mass and metabolism

Whole Grains and Fiber

Promoting digestive health and stable energy levels



Foods to Support Menopause Symptoms



Phytoestrogens

Plant-based foods that mimic oestrogen, like soy and flaxseeds

Calcium-Rich Foods

Dairy, leafy greens and fortified foods to support bone health

Magnesium and Vitamin D

Nuts, seeds and sunlight exposure to help with sleep and mood





Managing Weight During Menopause

Mindful Eating

Focusing on hunger and fullness cues rather than dieting

Portion Control

Strategies for managing portions without feeling deprived

Incorporating Movement

Pairing nutrition with regular physical activity

Foods to Avoid or Limit During Menopause

Processed Foods

High in sugar and unhealthy fats that can exacerbate symptoms

Alcohol and Caffeine

Potential triggers for hot flashes and sleep disturbances

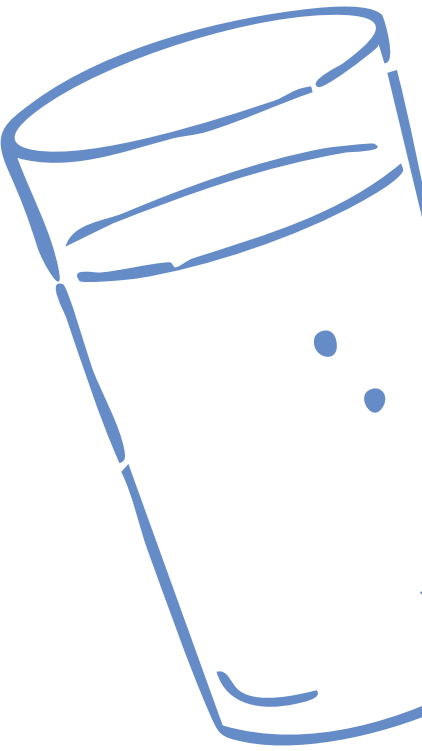
Excessive Salt

Linked to high blood pressure and bloating





Hydration and Menopause



Staying Hydrated

Importance of water for overall health and managing menopause symptoms

Herbal Teas

Benefits of herbal teas for calming effects and hydration

Reducing Sugary Drinks

Why it's best to limit sodas and sweetened beverages



Creating a Supportive Eating Environment

Mindful Shopping

Choosing foods that nourish both body and mind

Planning Balanced Meals

Simple tips for meal planning that supports menopause health

Building a Support System

Sharing meals and recipes with friends and family for mutual support





Long-Term Nutritional Support

Consistent Healthy Habits

Building lasting habits that support health beyond menopause

Listening to Your Body

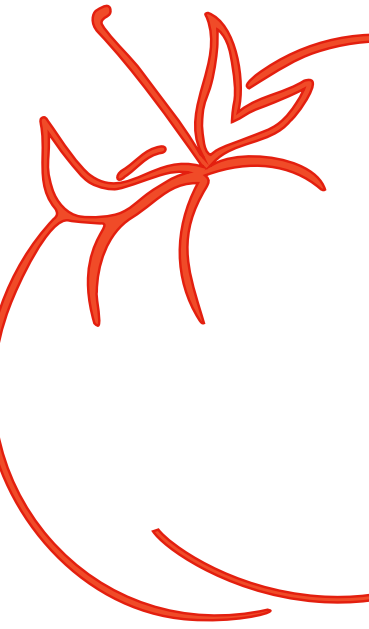
Adapting your diet as your body's needs change

Seeking Professional Guidance

When to consult a nutritionist or healthcare provider for personalised advice



Resources for Ongoing Support



Books and Online Resources

Recommended reading and websites for further information

Support Groups

Finding community and support through online or local groups

Meal Planning Tools

Apps and tools to help with meal planning and tracking nutrition



Summary

Lets recap key takeaways and summerise the points

Start Small

Encourage beginning with one or two changes that feel manageable

Stay Connected

Keep reaching out to support networks
... you're not alone

Continue Learning

Explore more ways to nourish your body and mind
as you move through menopause

