



Slide 1

## Purpose

Introduce the topic and outline what the presentation will cover.

## Suggestion

Mention that the information shared is based on scientific research and credible sources. Highlight that the session will focus on practical, actionable advice.



Slide 2

## Purpose

Define and differentiate processed and ultra-processed foods.

## Suggestion

Use the study findings to emphasise the importance of reducing UPFs. Remind the audience that the health implications of UPFs are well-documented.



Slide 3

## Purpose

Explain how UPFs disrupt hormones, supported by research.

## Suggestion

Emphasise the connection between diet and menopausal symptoms. Provide examples to make the science relatable.



## The Difference Between Processed & Ultra Processed

**Processed Foods**  
Minimal changes, such as pasteurising or fermenting, which retain much of the food's original nutrients

**Ultra Processed Foods**  
Heavily modified, containing little to no whole foods, with added chemicals to enhance taste and shelf life

**Scientific Data**  
The NOVA food classification system, developed by researchers at the University of São Paulo, categorises foods based on the extent and purpose of processing

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### Slide 4

#### Purpose

Emphasise why the distinction between processed and ultra-processed foods matters.

#### Suggestion

Use visual aids to help the audience understand. Reinforce that not all processed foods are bad, but heavily processed items should be limited.



## Changing Our Habits Around UPFs

**Practical Tips**  
Meal planning, cooking at home, and reading food labels carefully

**Read All Labels**  
Even organic foods can be misleading. Always go back to basics and check the ingredients for added sugars, emulsifiers, and preservatives

**Use Helpful Apps**  
Recommend apps that scan and identify additives, making it easier to spot unhealthy options

**Healthy Alternatives**  
Emphasise the importance of choosing fresh, whole foods, and opt for organic where possible, but stay vigilant

**Mindful Eating**  
Understanding cravings and finding satisfying whole food options

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### Slide 5

#### Purpose

Provide practical strategies for reducing UPF consumption.

#### Suggestion

Stress that even organic foods can contain unwanted additives. Encourage label reading as a foundational habit. Discuss useful apps and tools that make this easier.



## Potential Outcomes of Removing UPFs

**Improved Hormonal Balance**  
More stable insulin and oestrogen levels, leading to reduced menopausal symptoms

**Reduced Inflammation**  
Less joint pain and fewer mood swings

**Overall Wellbeing**  
Improved energy, better digestion, and enhanced mental health

**Scientific Data**  
A longitudinal study published in The American Journal of Clinical Nutrition (2019) showed that participants who reduced their UPF intake had significant improvements in metabolic and inflammatory markers (Hall et al., 2019)

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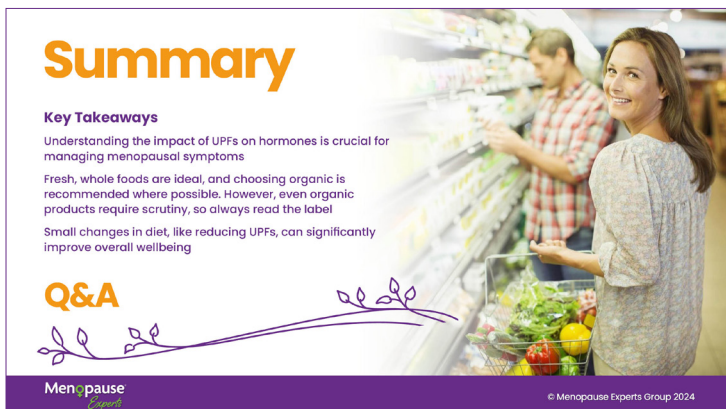
### Slide 6

#### Purpose

Motivate the audience with evidence-based outcomes.

#### Suggestion

Reinforce that even small dietary changes can yield significant health benefits. Use case studies or real-life stories to inspire the audience.



Slide 7

### Scientific Data Recap

Remind the audience of the key scientific findings discussed and how they apply to menopause.

### Purpose

Recap key points with scientific support.

### Suggestion

Encourage the audience to be proactive about their food choices and use the resources available to make healthier decisions.

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