

Menopause

Calcium: Eat and drink two to four servings of dairy products and calcium-rich foods a day. Calcium is found in dairy products, fish with bones (such as sardines and canned salmon) and broccoli.

Pump up your iron: Eat at least three servings of iron-rich foods a day. Iron is found in lean red meat, poultry, fish, eggs, leafy green vegetables and nuts.

Get enough fiber: Help yourself to foods high in fiber, such as whole-grain breads, cereals, pasta, rice, fresh fruits, and vegetables.

Eat fruits and vegetables: Have at least 5 portions of fruit and veg a day!

Read labels: Use the package label information to help yourself make the best choices for a healthy lifestyle. Look for green's on the traffic light label on the front of many food's, items that are low in salt, fat and sugar are usually the healthy choices.

Drink plenty of water. As a general rule, drink eight glasses of water every day. That fulfills the daily requirement to keep most adults hydrated and healthy.

Maintain a healthy weight. If you're overweight, cut down on portion sizes and eat fewer foods that are high in fat and sugar. Aim to eat small, regular meals to maintain energy levels and keep hunger pangs at bay.

Cut back on high-fat foods. Fat should provide 25% to 35% or less of your total daily calories. Also, limit saturated fat to less than 7% of your total daily calories. Saturated fat raises cholesterol and boosts your risk for heart disease. It's found in fatty meats, whole milk, ice cream, and cheese. Limit cholesterol to 300 milligrams or less per day. And watch out for trans fats, found in vegetable oils, many baked goods, and some margarine. Trans fat also raises cholesterol and increases your risk for heart disease.

Use sugar and salt in moderation. Too much sodium in the diet is linked to high blood pressure. Also, go easy on smoked, salt-cured, and charbroiled foods -- these foods have high levels of nitrates, which have been linked to cancer.

Limit alcohol to one or fewer drinks a day.

Foods to Help Menopause Symptoms

Plant-based foods that have isoflavones (plant estrogens) work in the body like a weak form of estrogen. For this reason, soy may help relieve menopause symptoms, although research results are unclear. Some may help lower cholesterol levels and have been suggested to relieve hot flashes and night sweats. Isoflavones can be found in foods such as tofu and soy milk.

Avoid Foods During Menopause?

If you're having hot flashes during menopause, you may find it helps to avoid certain "trigger" foods and drinks, like spicy foods, caffeine, and alcohol.

Diet for Menopause

FOODS TO EAT DURING MENOPAUSE

Soy products



Beans & legumes



Whole grains



Foods rich in calcium



Foods rich in vitamin D



FOODS TO AVOID DURING MENOPAUSE

Sweets



Stimulants



Spicy foods





CARROTS

a good source of carotenoids that help to prevent the oxidative damage associated with ageing.

PUY LENTILS

rich in energising iron and molybdenum, lentils also supply B vitamins, which help regulate the nervous system and manage hormone levels.

WATERCRESS

rich in vitamin K and calcium – both key for maintaining strong, healthy bones.

TAMARI

fermented soy products, like tamari, contain a type of carbohydrate that acts as fuel for friendly gut bacteria.

CELERY

rich in compounds called coumarins that help to lower blood pressure, maintain the body's water balance and reduce the risk of blood clots.

SPRING ONION & GARLIC

both sources of sulphur, which helps to manage oestrogen levels and also helps the liver to detoxify.

CAULIFLOWER

a source of the compound DIM, which supports detoxification. It's especially helpful for managing oestrogen levels.

CHERRY TOMATOES

packed with carotenoids and potassium that are important for nerve and heart health

EGGS

one of the few foods that supply vitamin D, which helps to keep bones healthy. Poach or soft boil to optimise the nutritional benefits.

RAPSEED OIL

rich in omega-3 and stable at high temperatures this is a heart-friendly oil.

