

HOLISTIC HACKS TO MASTER YOUR MENOPAUSE

RE-MAP YOUR DIET

Hormone balancing nutrition for a healthy Menopause.

The right nutrition in your diet during menopause will:

- ✓ Increase your energy levels
- ✓ Improve your hormonal symptoms
- ✓ Improve concentration
- ✓ Even out mood swings
- ✓ Help you to lose weight or maintain a healthy weight
- ✓ Reduce cravings & make you feel fuller



Eat Fresh Whole Foods



- ✓ Whole grains and seeds
- ✓ Vegetables
- ✓ Fruit
- ✓ Legumes and beans
- ✓ Low fat dairy
- ✓ Lean meat and poultry
- ✓ Organic where possible

Your Daily Protein Check

Eat high quality protein throughout the day for hormone balance and fat burning metabolism.

- ✓ Start the day with protein to avoid mid-morning hunger and eat at every meal
- ✓ Fish and shell fish
- ✓ Eggs
- ✓ Beans and lentils
- ✓ Nuts, seeds, quinoa
- ✓ Skimmed milk and low fat dairy products
- ✓ Lean meat and poultry



Focus on Healthy Fats

Eat healthy fats for reduced inflammation and improved brain function.



☐ Monounsaturated fats

- ✓ Avocados
- ✓ Nuts
- ✓ Olive oil

☐ Polyunsaturated fats

- ✓ Nuts and seeds
- ✓ Fish and shellfish
- ✓ Omega 3 & 6 essential fatty acids from oily fish and seeds

☐ High quality saturated fats – eat these in moderation. Think quality (organic), over quantity.

- ✓ Eggs
- ✓ Lean meat and poultry
- ✓ Low fat milk

Avoid unhealthy fats

☐ Trans fats – avoid these altogether as they clog and harden the arteries

- X Processed & pre-packaged foods
- X Cakes and pastries
- X Margarine

Your Fibre Fix

Fibre determines how much oestrogen you secrete or store and is important for weight control. Where possible choose whole grain/wholemeal over white.

Soluble fibre –turns to gel to slow digestion

- ✓ Chia & Flax seeds
- ✓ Oats
- ✓ Beans
- ✓ Apples



Insoluble fibre – attracts water to your poop to aid bowel movement

- ✓ Most fruit and vegetables
- ✓ Beans and pulses
- ✓ Wholegrains and Quinoa
- ✓ Nuts

Add in Phytoestrogens

Phytoestrogens can help replace natural oestrogens to increase low levels as well as helping to reduce oestrogen levels when they're too high

They can also improve several symptoms:

- ✓ Hot flushes
- ✓ Night sweats
- ✓ Brain function
- ✓ Vaginal dryness

Foods high in Phytoestrogens:



- ✓ Flax seeds
- ✓ Chia seed
- ✓ Oats
- ✓ Maca
- ✓ Cruciferous vegetables
- ✓ Soy products (choose organic to ensure chemical and GMO free)

Concentrate on Calcium

Calcium is essential during peri menopause and menopause - around 10% of bone mass is lost in the first 5 yrs. after menopause

Good sources of calcium include:

- ✓ Low fat dairy products
- ✓ Leafy green vegetables
- ✓ Bony fish such as tinned salmon, sardines and pilchards
- ✓ Brazil nuts and almonds
- ✓ Tofu



Swap Out Sugar

Sugar overworks your liver making it unable to process oestrogen causing fluctuating hormones and worse symptoms. It is also inflammatory making any muscle or joint pain worse

Blood sugar highs and lows leave you tired, moody, and irritable.



- ✓ Swap sugary foods for naturally sweet fruit
- ✓ Use natural sweeteners such as Xylitol or Stevia whilst you wean yourself off the need for sugary food
- ✓ Uses spices such as cardamon, ginger, nutmeg, and cinnamon to flavour food instead of sugar

Stay Hydrated

Your body needs water to absorb nutrients from food, remove toxins, metabolise fat and manufacture your hormones, and dipping oestrogen levels mean a drier body overall

- ✓ Add in more water – aim for 6-8 glasses a day
- ✓ Swap some of your caffeinated drinks for herbal or Rooibos tea
- ✓ Experience improved focus and concentration
- ✓ Feel less fatigued with more energy

