



# MENOPAUSE AND GOOD NUTRITION

*Good nutrition won't eliminate the symptoms of menopause, but may help ease certain conditions. Here are some healthy tips for eating well during this phase of your life.*

**4 YEARS** Malnourished women begin menopause about 4 years earlier than well-nourished women.

## EAT WELL

### CONSUME CALCIUM



Eat and drink two to four servings of calcium-rich foods daily, aiming for 1200 - 1500 milligrams. Calcium is found in

dairy products, fish with bones, dark green leafed vegetables such as broccoli, collard greens, spinach, bok choy, nuts such as almonds, and legumes such as soybeans.

### PUMP IRON

Eat three servings of iron-rich foods for a maximum of 8 milligrams daily.



Iron sources include lean red meat, poultry, fish, eggs, leafy green vegetables, nuts, and enriched grain products. After menopause, women no longer need additional iron, so avoid a multivitamin containing iron.

### SAY "HI" FIBER



Eat foods high in fiber to get 20-30 grams daily. Healthy sources of fiber include whole-grains: oatmeal, oat bran, flax

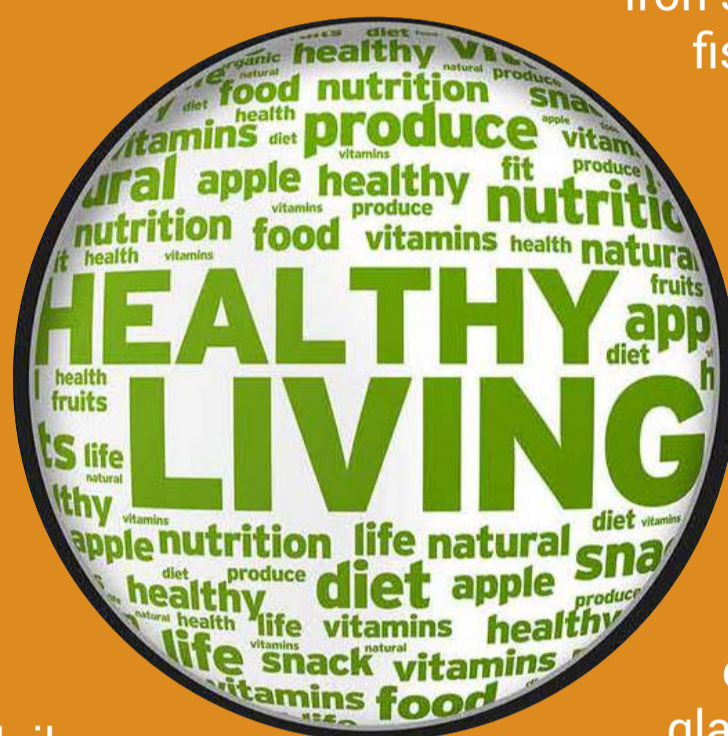
seed; vegetables, black beans, lentils, cereals, whole wheat pasta, brown rice, and fresh fruits such as raspberries, pear (with skin) and apple (with skin).

### HYDRATE

Healthy adults need to drink approximately eight glasses of water every day or follow the following formula:

Your weight in kilograms (pounds divided by 2.2) = the recommended number of ounces of water per day.

Example: Weight = 130 lbs. Divide by 2.2 = 59 kg. Drink 59 ounces of water daily. (Consult your physician if you have a heart condition).



## KNOW YOUR LIMITS



### CUT THE FAT



Fat should provide **25% to 35%** or less of your total daily calories. Limit saturated fat to less than **7%** of your total daily calories. Cut down on trans fats, found in vegetable oils, many baked goods, and some margarine. Monounsaturated fats, found in avocado and nuts are healthier and needed in your diet.

### REDUCE YOUR SALT



Too much sodium can be linked to high blood pressure. Cut down on canned foods, fast foods, smoked and salt-cured foods. Fish and meats including bacon, salami, hot dogs and bologna have high levels of nitrates, which have been linked to high blood pressure and cancer.



**51** In the United States, the average age of menopause is 51. (Mayo Clinic 2009)

## EAT AND DRINK LESS



Limit yourself to one drink containing alcohol a day. More than 5 drinks/week for women has been associated with an increased risk for breast cancer.

Avoid large portions. Eat little and often to maintain blood sugar levels. If these drop, menopausal symptoms often increase.

*Choose low calorie options when eating out.*

## SUPPLEMENT

Increase your intake of Vitamin-B with lean meat, poultry, liver, whole grains and lentils.

Omega-3 fats found in fish oils are good for your heart. Other sources of omega-3s include ground flax seed, broccoli, cauliflower, and red kidney beans.



Take a suitable supplement formulated for menopausal women (however, eating a balanced nutritional diet is better than taking a supplement). Vitamin D is important as well. Take 2,000 IU D3 daily.



*"What works for one woman may not work for another and your needs change with age. A modified Mediterranean diet is the best way to eat healthy, which is a diet rich in whole grain, high-fiber, fruits, vegetables, nuts, and fish."*

*Dr. Lauren Weber, D.O.*

**IMPORTANT:** Consult your health professional for nutritional guidance during menopause, especially if you are taking prescribed medication.

**SOURCES:**  
WebMD: <http://www.webmd.com/menopause/guide/staying-healthy-through-good-nutrition>  
Eat Right: <http://www.eatright.org/Public/content.aspx?id=6809>  
Eating Well: [http://www.eatingwell.com/nutrition\\_health/healthy\\_aging/foods\\_to\\_help\\_manage\\_menopause?page=3](http://www.eatingwell.com/nutrition_health/healthy_aging/foods_to_help_manage_menopause?page=3)  
WikiHow, vitamin B: <http://www.wikihow.com/Eat-More-Vitamin-B>  
MedicineNet: <http://www.medicinenet.com/script/main/art.asp?articlekey=59895>  
Women's Health Concern: A Healthy Menopause—Diet, nutrition and lifestyle guidance

**NORTHBAY HEALTHCARE**  
[www.northbay.org](http://www.northbay.org)

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