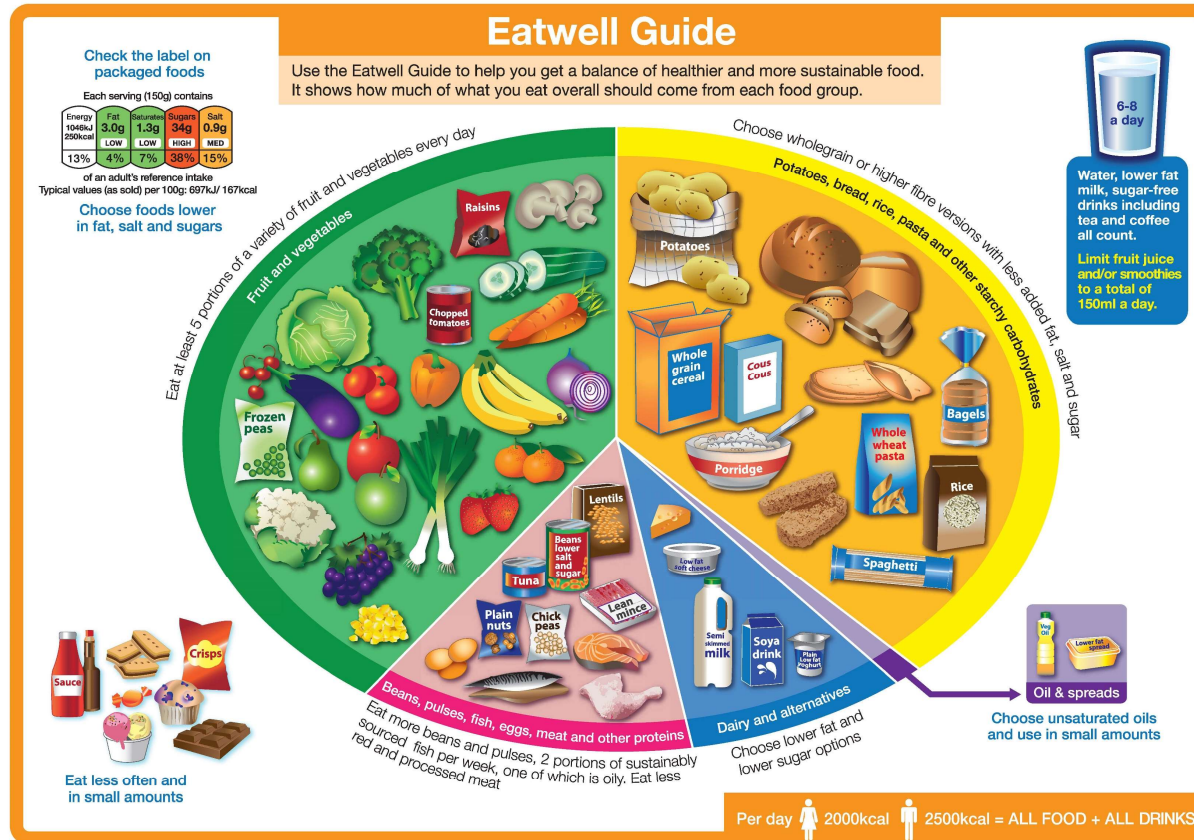


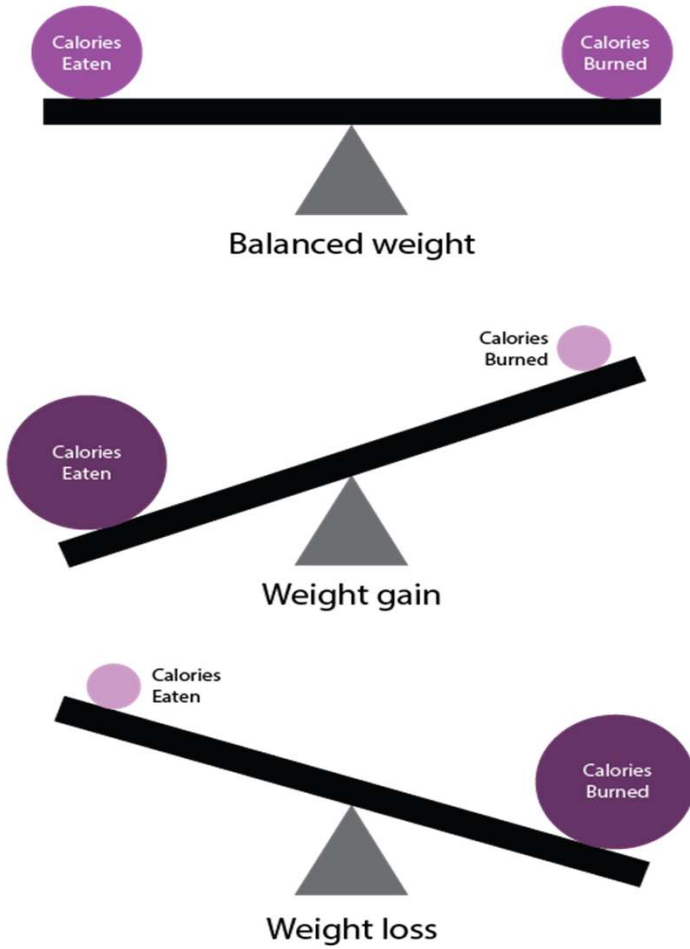
# NUTRITION AND MENOPAUSE

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# OPTIMISING NUTRITION



# ENERGY BALANCE



# PHYSICAL ACTIVITY

## How much physical activity should you do?



This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

All adults should undertake muscle strengthening activity, such as



exercising with weights



yoga



or carrying heavy shopping

at least 2 days a week

Minimise the amount of time spent sedentary (sitting) for extended periods



# BONE HEALTH

Decreasing oestrogen levels can increase rate of calcium loss

Aim for 3 portions of calcium per day

1 portion:

- 200ml milk
- Matchbox size piece of cheese
- 1 small pot yogurt

Vitamin D:

- Sunlight
- Oily fish, fortified cereals, eggs



# HEART HEALTH

Menopause increases risk of heart disease

## 'Mediterranean diet'

- More wholegrains
- Less processed foods (sugar/salt/fat)
- More fruits and vegetables
- Less saturated fat—instead choose monounsaturated fat
- More fish- oily fish at least once a week





# FATIGUE

Vitamin	Sources
Thiamine	peas, nuts, fortified cereals, oranges, bananas, wholegrain bread
Riboflavin	milk, eggs, mushrooms, fortified cereals
Niacin	meat, fish, eggs
Biotin	eggs, fish, meat, seeds, nuts
Folate	broccoli, leafy green vegetables, peas, chickpeas, kidney beans, fortified cereals.



# CAFFEINE AND ALCOHOL

May increase hot flushes

## Alcohol:

- Effect on weight
- Healthy guidance

## Caffeine:

- Try decaffeinated drinks



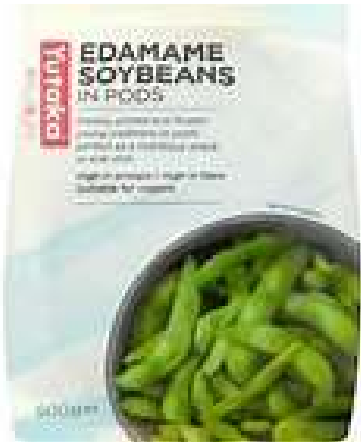
# PHYTOESTROGENS

Similar in structure to oestrogen

2 main types:

Isoflavones: soyabeans, beans, lentils, tofu, soya

Lignans: linseeds, cashew nuts, brussel sprouts, broccoli



# NUTRITION AND MENOPAUSE TOP 10

1. Keep regularly active
2. Eat a balanced diet
3. Aim for at least 5 a day fruits and vegetables—especially leafy green vegetables
4. Include protein at every meals
5. Aim for 3 portions of calcium foods per day
6. Include wholegrains
7. Include beans and lentils and other sources of phytoestrogens
8. Include oily fish or other sources of omega 3 fats
9. Consider taking a Vitamin D supplement (10 microgrammes)
10. Enjoy food