



Nutrition top tips.

#1 Avoid foods that can trigger menopause symptoms.

As you're trying to get a good quality sleep – as a rubbish sleep can trigger cravings. Caffeine, alcohol and foods that are sugary or spicy, especially at night can trigger night sweats and activate the bladder. So best to avoid them in the evening.

#2 Eat foods rich in Calcium and Vitamin D.

Hormonal changes during menopause can cause bones to weaken, increasing the risk of osteoporosis.

Calcium and vitamin D are linked to good bone health, so it's important to get enough of these nutrients in your diet.

Calcium rich foods:

- ✓ Nuts.
- ✓ Seeds.
- ✓ Green leafy vegetables – e.g. kale, spinach.
- ✓ Tofu.
- ✓ Fortified plant milks.
- ✓ Fish.
- ✓ Dairy products like yogurt, milk and cheese.

Vitamin D sources:

- ✓ Sunlight is your main source of vitamin D, since your skin produces it when exposed to the sun. However, as you get older, your skin gets less efficient at making it.
- ✓ Oily fish.
- ✓ Eggs.
- ✓ Vitamin D supplement.
- ✓ Cod liver oil.

#3 Eat Lots of Fruit and Vegetables.

During menopause, fruit and veg can help prevent a number of symptoms.

They're also low in calories and can help you feel full, so they're great for fat loss.

They may also help prevent a number of diseases, including heart disease and may also help to prevent bone loss.



This is important, since the risk of heart disease and osteoporosis tends to increase after menopause.

#4 Reduce Refined Sugar and Processed Foods.

Refined carbs and sugar can cause sharp rises and dips in blood sugar, making you feel tired and irritable.

Diets high in processed foods may also affect bone health.

Processed foods are high in sugar, which do not satisfy and can trigger cravings.

As you may already be experiencing fatigue and broken sleep due to your menopause symptoms, it's best to avoid or reduce foods that will aggravate this.

#5 Eat Protein-Rich Foods.

Regularly eating protein throughout the day can help prevent the loss of lean muscle mass that occurs with age.

In addition to helping prevent muscle loss, high-protein diets can help with weight loss because they enhance fullness and increase the number of calories burned.

Protein rich foods:

- meat & fish.
- eggs.
- legumes.
- nuts.
- dairy.

#6 Stay hydrated!

This is a simple one but hugely overlooked.

With the hormonal changes, drop in estrogen and your body temperature regulation changing you may be experiencing night sweats and sweating in general much more than before, so, are you replacing the moisture lost with plenty of water?

Being dehydrated has an impact on mental cognition, detoxification, how you think, how you feel, your cravings and general wellbeing and if you are NOT drinking much...it's one of the easiest things to remedy.

- Have your water bottle with you and sip through the day.



- Aim to have a glass of water before you eat a meal.
- Start your day with a glass of water.
- Make drinking water part of your daily habits and optimum health rituals.