

Tips for a Healthy Menopause

- Eat at least 5 portions of fruit and vegetables a day for cancer and heart disease protective antioxidants and include low glycaemic carbohydrates at each meal including oats, pulses, grainy breads, pasta and other wholegrains like barley, cous cous and bulgar wheat. Eating low GL will help with weight control and mood swings.
- Eat regularly – skipping meals will make it difficult to achieve your nutritional requirements or maintain a healthy weight.
- Eat some phytoestrogen rich foods every day such as soya milk, yoghurts and desserts, pulses like chickpeas or butter beans, soya and linseed bread and 2-3 servings a day is a good amount to aim for and may help reduce flushing and help lower cholesterol.
- Eat Soya Products, i.e. soya beans, tufu, edamame beans, soya nuts and tempeh. These foods are good sources of protein and phytochemicals called isoflavones. Two specific isoflavones – genistein & daidzen are very similar in structure to oestrogen and mimic the activity of oestrogen in the body and may help reduce menopausal symptoms that occur due to reduced levels of oestrogen, for example, urinary and vaginal problems
- Include 2-3 daily servings of low fat dairy foods or calcium enriched soya alternatives to keep calcium intake high and maintain bone density
- Eat oily fish at least once a week, and limit salt and saturated fat for a healthy heart
- Keep a watch on stimulants like caffeine (3-4 coffees/tea per day) and alcohol (less than 14 units/week) and of course don't smoke
- Practice Yoga Daily
- Try Meditation to bring a sense of calmness to your day
- Take regular, moderate physical activity – walking, cycling, and dancing are all great – aim for 30-45 minutes a day, this is important for keeping weight under control
- Keep a healthy body weight and shape – aim to keep your waist measurement below 80 cm or 32 inches, and try not to go above a dress size 16.
- Try not to focus on one specific food or taking supplements – it's the whole diet approach which will bring you the most benefit
- Keep a Gratitude Journal