



Renewed Vitality by Sue.

Marvelous munchies to power up the fabulous midlife lady!

While on my way home, I pondered the essential nutrients necessary to maintain our well-being. After conducting some research, I discovered that specific nutrients are crucial for menopausal women to promote overall health and address menopause-related symptoms effectively.



Feast your eyes on these vital nutrients:

Calcium:



Menopausal women are at increased risk of osteoporosis due to declining estrogen levels. So *Calcium* is essential for maintaining bone health and preventing osteoporosis. Good sources include dairy products, leafy green vegetables, tofu, almonds, and fortified foods.

Vitamin D



Vitamin D works with calcium to support bone health and may help reduce the risk of fractures in menopausal women. It also plays a role in immune function and mood regulation. Sun exposure for 30 minutes a day, without your sun glasses on helps to take in not Vitamin D but increases Melatonin which helps us to sleep. Fortified foods, fatty fish (e.g., salmon, tuna), egg yolks, and supplements can provide vitamin D.

Magnesium



Magnesium is involved in hundreds of biochemical reactions in the body, including bone metabolism, muscle function, and nerve transmission. It may also help alleviate symptoms like insomnia and mood swings associated with menopause. Good sources include nuts, seeds, whole grains, leafy green vegetables, and legumes.

Omega-3 Fatty Acids



Omega-3 fatty acids have anti-inflammatory properties and may help reduce the risk of heart disease, which becomes more common after menopause. Fatty fish (e.g., salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts, and algae oil are rich sources of omega-3s.

Phytoestrogens



Phytoestrogens are plant compounds that have weak estrogen-like effects and may help alleviate menopausal symptoms like hot flashes and vaginal dryness. Good sources include soybeans, tofu, tempeh, flaxseeds, sesame seeds, and whole grains.

Fiber



Fiber is important for digestive health, weight management, and reducing the risk of chronic diseases like heart disease and type 2 diabetes. Menopausal women should aim to include plenty of fiber-rich foods such as fruits, vegetables, whole grains, legumes, nuts, and seeds in their diet.

Iron



Iron is important for overall health. Good sources of iron include lean meats, poultry, fish, beans, lentils, fortified cereals, and dark leafy greens.

Fish is very important for heart health .



3 serves a week can help with Thyroid function , fatigue and brain fog.

B Vitamins



B vitamins, including B6, B12, and folate, are important for energy metabolism, brain function, and mood regulation. Foods rich in B vitamins include poultry, fish, eggs, dairy products, leafy green vegetables, whole grains, and fortified foods.



Adequate *protein* intake is essential for maintaining muscle mass, bone health, and overall strength, especially as women age. Good sources of protein include lean meats, poultry, fish, eggs, dairy products, legumes, nuts, seeds, and tofu.

2.2- 2.4 grams/kg per day when not exercising.

2.4 - 3 grams/kg per day when exercising

High quality proteins are fish, meat eggs and poultry.

Antioxidants



Antioxidant-rich foods like fruits and vegetables help protect against oxidative stress and inflammation, which may increase during menopause. Aim to include a variety of colorful fruits and vegetables in your diet to ensure a wide range of antioxidants.

Eating well



It's important for menopausal women to focus on consuming a balanced diet that includes a variety of nutrient-rich foods to meet their specific needs and support overall health during this life stage.

Mediterranean diet

The Mediterranean diet has been linked to some of the longest living humans on the planet and research has shown that it is a common recommendation for women going through menopause as it emphasizes whole foods, nutrient-rich plant sources, and healthy fats. These components can assist in managing some of the specific challenges that women may encounter during this stage. Here are the advantages of the Mediterranean diet for menopausal women:

Heart Health: Menopausal women are at increased risk of heart disease due to hormonal changes and aging. The Mediterranean diet is rich in heart-healthy foods such as fruits, vegetables, whole grains, nuts, seeds, and olive oil, which can help reduce the risk of cardiovascular problems.

Bone Health: The Mediterranean diet includes foods rich in calcium, such as dairy products, leafy greens, and almonds, as well as vitamin D from sources like fatty fish and fortified foods, which are important for maintaining bone health.

Weight Management: Many women experience weight gain during menopause due to hormonal changes and metabolic shifts. The Mediterranean diet emphasizes nutrient-dense, low-calorie foods like fruits, vegetables, and lean proteins, along with healthy fats, which can help promote weight loss or weight maintenance.

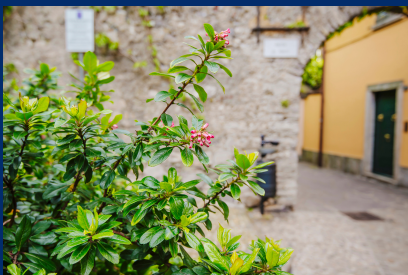
Reduced Inflammation: Inflammation may contribute to menopausal symptoms such as hot flashes, mood swings, and joint pain. The Mediterranean diet is rich in anti-inflammatory foods, including fruits, vegetables, fatty fish, nuts, and olive oil, which may help alleviate these symptoms.

Improved Mood and Mental Health: Menopause can be accompanied by mood changes, anxiety, and depression. The Mediterranean diet, with its emphasis on whole foods and omega-3 fatty acids from sources like fish, nuts, and seeds, has been associated with improved mood and mental well-being.

Hormonal Balance: While more research is needed, some studies suggest that the Mediterranean diet may help support hormonal balance during menopause, possibly due to its high intake of phytoestrogens from foods like legumes and whole grains.

Gut Health: The Mediterranean diet includes plenty of fiber-rich foods like fruits, vegetables, whole grains, and legumes, which promote a healthy gut microbiome. This can be particularly beneficial for menopausal women, as hormonal changes during menopause can affect digestive health.

Let's set sail for the Mediterranean Diet!



This scientific review provides compelling evidence supporting the positive impact of the Mediterranean diet on various health outcomes, including:

Longevity

Cardiovascular diseases

Coronary heart disease

Heart attack

Cancer prevention

Alzheimer's disease and dementia prevention

Diabetes management.

Dietarians Australia

I hope you have enjoyed the valuable insights on essential nutrients for menopausal women and the benefits of adopting the Mediterranean diet to support overall health and well-being during this transformative stage of life.

Sue

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Links to supplementary material:

[Dietitians Australia](#) - further information about the benefits of the Mediterranean Diet

[Womens Yoga and Strength](#) - Further information about the benefits of protein in our diet.

[Health Line](#) - healthy evidenced based Mediterranean meals.

Contact

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