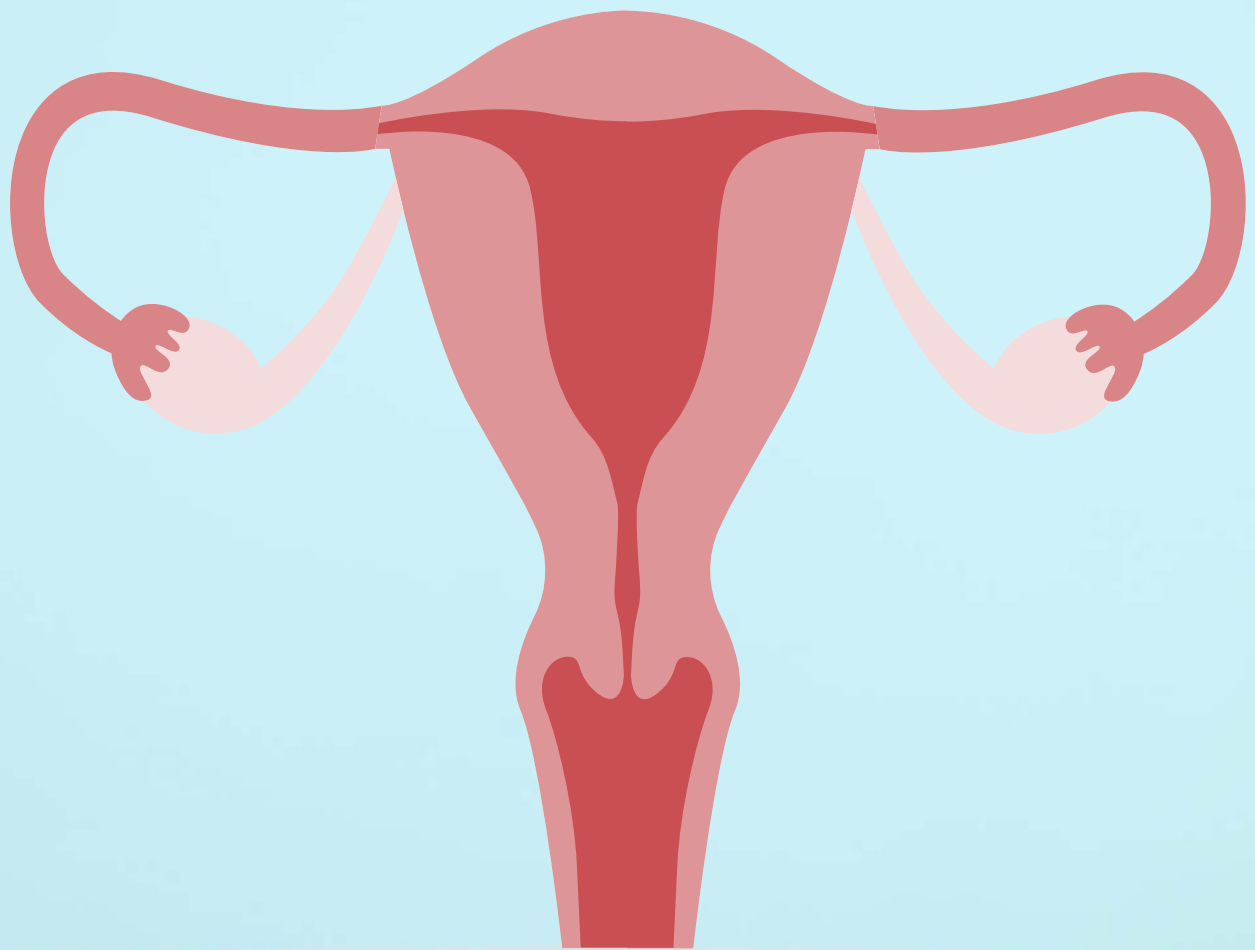


the ultimate guide to:
MENOPAUSE



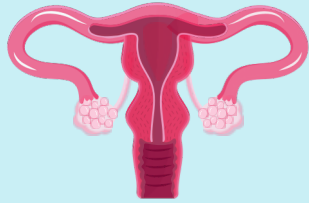
by your Registered Dietitians from One
Bite at a Time Nutrition Counseling

ONEBITEATATIME.ORG

TABLE OF CONTENTS:

- **The Three Stages of Menopause**
- **What to Eat**
- **Managing Stress**
- **Recipes for Menopause**
- **When to Seek Out a Dietitian?**





THE THREE STAGES OF MENOPAUSE

- For most females, menopause begins between the ages of 40 and 55. However, it can start earlier for individuals who experience premature ovarian failure or have surgical removal of both ovaries at a young age.

The experience of menopause varies amongst individuals, but some common symptoms include:

- Hot flashes
- Insomnia/sleep disturbances
- Night sweats
- Elevated heart rate
- Mood changes, such as irritability, depression, or anxiety
- Vaginal dryness
- Urinary incontinence or frequent urination
- Decreased libido

Menopause is divided up into three basic stages:

- Perimenopause, Menopause, and Postmenopause
- During this time the ovaries begin to atrophy, which causes a decline in the production of hormones that stimulate the menstrual cycle, estrogen, and progesterone.



THE THREE STAGES OF MENOPAUSE

Perimenopause

- This stage occurs 3-5 years before menopause. Most females begin to experience symptoms in their mid to late forties.
- During this stage, your estrogen and progesterone levels begin to fluctuate. You may experience mood changes, irregular menstrual cycles, and other menopausal symptoms.
- During this stage, it's still possible to get pregnant.

Menopause

- Menopause is defined as the absence of menses for 12 straight months without other causes such as illness, medication, or pregnancy. Once you reach menopause, you can no longer achieve pregnancy.
- The average age of menopause is 51, but the age can vary greatly. Women who smoke or are underweight tend to have an earlier menopause, while women who are overweight often have menopause later.
- Menopause occurs when the ovaries stop functioning, and no longer have enough follicles to make hormones or release an egg each month. This leads to the reduction of hormone levels.

THE THREE STAGES OF MENOPAUSE

Postmenopause

- The postmenopause stage signals the end of your reproductive years. While your ovaries produce low levels of estrogen and progesterone, you no longer will ovulate or menstruate.
- You may continue to have the same symptoms you experienced during the perimenopause and menopause stages many years after your final menstrual cycle. Luckily they will slowly start to diminish over time.
- Females at this stage are at risk of heart disease and osteoporosis due to the decrease in estrogen. The good news is this can be managed by a healthy intake of food, plus regular lifestyle and exercise modifications.



WHAT TO EAT

What does a menopause friendly day of eating look like?

- There is evidence that a whole food diet high in fruits, vegetables, whole grains, high quality protein and dairy products can help with reducing menopause symptoms.
- Fruits & vegetables are powerhouse foods packed with vitamins, minerals, and antioxidants. These help with reducing hot flashes, getting better sleep, lowers the rate of depression, improves weight loss, and lowering blood pressure.



TIP: Try to get a variety of fruits and vegetables every day. Snack on fruits and vegetables throughout the day.

Whole grains have been linked to many health benefits including risk of cancer, heart disease, and even premature death. Whole grains contain fiber which helps the gut bacteria produce short chain fatty acids, which can help reduce inflammation. Fiber also has an impact on the speed of digestion which helps extract nutrients that can relieve menopause symptoms, as well as helps regulate your metabolism.



WHAT TO EAT



TIP: Boost your whole grain intake by choosing whole grain pasta over white, switching bread from white to whole grain, and choosing brown rice and quinoa for side dishes.

- Protein can help boost muscle mass and bone strength (two things that decline during menopause). The amino acids from protein are essential for the structure, function, and regulation of almost all biological processes from maintaining and repairing tissues, producing hormones and enzymes, to supporting the immune system. Protein is involved in the production of insulin, a hormone that helps regulate blood sugar levels and also in the production of estrogen and progesterone. Lastly, protein helps you feel full and satisfied, which can reduce your overall intake and support healthy weight management.

TIP: Try to get complete protein sources that include all 9 essential amino acids such as chicken, turkey, fish, eggs, tofu



WHAT TO EAT

- Dairy has important vitamins and minerals women need to fight bone loss. These essential nutrients include calcium, phosphorus, potassium, magnesium, vitamin D and K.

TIP: Try to include protein rich dairy sources such as greek yogurt and cottage cheese.

Food for Bone Health in Menopause

- The rate of bone mineral density loss increases during menopause due to the decline in oestrogen levels.
- 1 in 3 women have osteoporosis in the post menopause stage.
- To maintain bone strength and prevent osteoporosis, incorporate calcium & Vitamin D.
- Calcium recommendation for adults 19-64 is 1000+ mg/day - Sources include dairy, dark leafy greens, sardines, fortified milk alternatives, & figs.
- Vitamin D recommendation is 600+ IU/day. Best source of Vitamin D is from direct sunlight. You can also get it from eggs, oily fish, red meat, and fortified food.



WHAT TO EAT

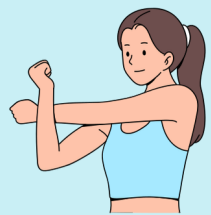
Food for Heart Health

- Post menopausal women have an increased risk of cardiovascular disease, due to estrogen playing a role in maintaining our arteries and healthy cholesterol levels. Lower estrogen levels also impact body composition, & more fat is likely to surround the tummy area. Carrying more fat in the tummy is associated with heart disease risk factors.



Some tips for heart healthy lifestyles include:

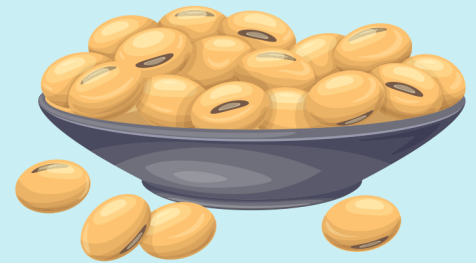
- Switching saturated fat with unsaturated fat like substituting butter for olive oil or consuming more fatty fish over high fat or processed meats.
- Increase your fiber intake, choosing whole grain bread, whole grain pasta, fruits, vegetables, beans, legumes.
- Avoid smoking, limiting alcohol intake
- Exercise regularly
- Getting good quality sleep - 7-8 hours a night
 - Studies show taking magnesium glycinate can help with better quality of sleep



WHAT TO EAT

What are Phytoestrogens? How do they help?

- Phytoestrogens are plant compounds with estrogen-like properties. When estrogen levels are low they bind to estrogen receptors which in turn decreases menopausal symptoms like hot flashes.



There are two main types:

- Isoflavones - found in soybeans
- Lignans - found in flax seeds, whole grains, fruits, vegetable, legumes
- It can take 2-3 months for the benefits of plant oestrogens to be seen and the effect can vary.



WHAT TO EAT

Recipes from our recipe software:

- Brown rice, Chicken, & Edamame Bowl
 - Edamame is considered an isoflavone with health benefits of supporting cardiovascular health, lower risk of heart disease, lower risk of cancer, supporting skin health, and alleviating menopausal symptoms.



Balancing Blood Sugar

- Menopausal women are more susceptible to post meal fluctuating blood sugar levels and therefore leading to potential diabetes, obesity, and metabolic syndrome if it is not controlled.
- When estrogen levels decrease, women experience more hunger which can lead to overeating and weight gain. There is evidence that women who are overweight and have higher levels of insulin resistance have more severe menopausal symptoms.



WHAT TO EAT

Strategies to Consider:

- Reduce consumption of refined grains, opt for whole grains and grains with a good amount of fiber
- Focus on adding healthy fats & fish to your intake.
- Walking after a meal has beneficial effects on blunting a blood sugar spike.
- Focus on always pairing a protein & a healthy fat source with your carbs.
- Focus on reducing stress to lower cortisol levels
- Focus on getting at least 7 hours of sleep, this helps to maintain hunger and satiety hormone signaling, reducing cortisol, & better glucose control
- Incorporate strength training, which helps mitigate muscle loss & boosts your resting metabolic rate.



ONEBITEATATIME.ORG



MANAGING STRESS



- Stress activates your fight or flight response, which then causes a release of adrenaline, increased heart rate, faster breathing, muscle tension, & increased release of sugar in the bloodstream.
- The hormone cortisol is released when you are under stress. High levels of cortisol over long periods of time can cause problems with your immune system, memory and metabolism.
- Estrogen is known to lower the impact of stress on your body by reducing the amount of cortisol produced to manage stressful situations. (This explains why it's more difficult to cope with stress during and after menopause).
- Stress has a negative effect on your overall menopausal symptoms. Hot flashes are thought to be more frequent and last longer, sleep problems may arise, can affect your memory, concentration, mood, and more...

MANAGING STRESS

- Identify your stress triggers. Is there a task or activity contributing to your stress? If so, could you tackle it in a different way to remove it all together? Can you get help from anywhere or anyone?
- Exercise: Find an exercise you enjoy, walk with a friend, join a yoga class.
- Talk: Share your concerns with a family member, good friend, or counselor.
- Eat Well: Eat nutritious whole foods with healthy snacks. Balance blood sugar regulation.
- Avoid caffeine and alcohol: These substances can increase cortisol and have a negative effect on sleep. Go for herbal teas.
- Sleep: Adequate sleep is necessary for alert functioning during waking hours
- Relax: Try deep breathing, or participate in a mind body program. Pamper: Treat yourself to a massage, manicure, or soothing bath. Enjoy a book, music, or a favorite hobby.



RECIPES FOR MENOPAUSE

Breakfasts:

Sweet Potato & Turkey Hash

Calories: 515

Fiber: 10g

Protein: 30g

TEXT 330-720-9676 FOR
ACCESS TO OUR FULL
RECIPES AND MORE!

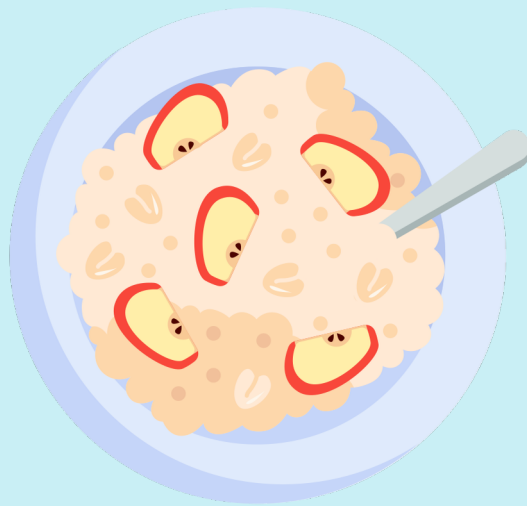


Creamy Apple Pie Protein Oatmeal

Calories: 535

Fiber: 8g

Protein: 40g



Lunch:

Turkey Avocado & Black Bean Wrap

Calories: 594

Fiber: 18g

Protein: 47g



ONEBITEATATIME.ORG

RECIPES FOR MENOPAUSE

Dinner:

Sheet Pan Salmon, Green

Beans & Carrots

Calories: 530

Fiber: 6g

Protein: 35g



Dessert:

Chocolate Chip Cookie

Dough Protein Balls

Calories: 314

Fiber: 2g

Protein 15g



WHEN TO SEEK OUT A DIETITIAN?

Working with a Registered Dietitian will allow you to receive an individualized care plan with one-on-one nutrition counseling sessions. This allows you to ask questions, increase your knowledge, and learn strategies to manage your menopause symptoms.

It might be time to seek out a dietitian if you're struggling with getting adequate sleep, fatigued and always tired, gaining weight, you have a history of yo-yo dieting, digestive issues, or struggling with your symptoms, such as hot flashes.

Dietitians can help women realize that bodily changes start well before midlife, & they can benefit from knowing what to expect beforehand and how to best prevent the negative effects of aging. Registered Dietitians are in the perfect position to empower women before, during, and after menopause so they can live their healthiest lives & let them know that the best is yet to come.

TAKE CHARGE OF YOUR MENOPAUSE JOURNEY

Are you stressed and overwhelmed thinking about menopause? Do you find yourself confused with the myriad of advice and information on it? Imagine being confident that you're doing everything possible to prepare your body for menopause. This isn't just a hope—it can be your reality.

At our practice, we understand the challenges and uncertainties that come with trying to balance everything out. We know that every day spent waiting is a day filled with stress and questions. That's why we're committed to providing you with personalized, evidence-based solutions to enhance your body and prepare your body for a healthy menopause journey.

Why Choose Us?

- **Expert Guidance:** Registered dietitians on our team specialize in menopausal nutrition. With extensive experience and a deep understanding of the intricate relationship between nutrition and hormone health, we're here to offer you the best care possible.
- **Personalized Plans:** Your journey through menopause is unique, and so is your nutritional plan. We'll work closely with you to develop a customized nutrition/lifestyle plan that addresses your specific needs & goals.
- **Support and Accountability:** You're not alone in this journey. We're here to support you every step of the way, offering ongoing guidance, encouragement, and accountability to ensure you stay on track and achieve your menopausal goals.
- **Proven Results:** Our clients have experienced significant improvements in their health and overall well-being. Don't just take our word for it—let our success stories inspire you to take the next step towards achieving your dream of getting healthy and back to a pain and stress free life.



ONEBITEATATIME.ORG

TAKE THE FIRST STEP TOWARDS MENOPAUSE

You don't have to navigate the complexities of menopausal nutrition alone. The solution you've been searching for is just a click away. By filling out our application and scheduling a consultation, you're taking the first step towards optimizing your health and preparing your body for a healthy menopausal journey.

Why Act Now?

- **Immediate Benefits:** Our approach is designed to provide you with immediate strategies to boost your healthy lifestyle. You'll begin to see improvements from day one.
- **Long-Term Health:** The sooner you start, the sooner you'll see long-term benefits for your hormones and overall health.

Ready to Start Your Journey to a Healthy Menopause?

Scan the QR code below to fill out our application & schedule your consultation. You can also go right to onebiteatatime.org & find a link to apply on the home page. It's time to take control of your hormones & start preparing your body for a healthy menopause. Don't wait—your journey can begin today. Take action. Feel the difference. Start your journey. Your future self will thank you.

ONEBITEATATIME.ORG

