

# NUTRITION

Top nutrition tips to support menopause



## What to focus on



### Hydration

Drinking plenty of water is essential for overall health. Water supports energy and focus.



### Plant-based foods

Plant-based foods: Vegetables, whole grains, lentils, beans, nuts and seeds.



### Protein

Protein with every meal supports energy and muscle mass.



### Calcium-rich foods

Leafy greens, dairy or fortified plant milks to support bone health.



### Healthy fats

Like olive oil, avocado and oily fish (e.g. salmon, sardines).

## What to limit



### Caffeine and alcohol

Can worsen hot flushes and sleep problems.



### Ultra-processed

Added sugar and ultra-processed foods are linked to energy crashes and mood swings.



### Refined carbs

Like white bread and pastries – swap for wholegrain versions.

## Top tips

**Plan meals ahead to avoid last-minute unhealthy choices.**

**Batch cook when you can – your future self will thank you.**

**Stay hydrated – water supports energy and focus.**

**Eat mindfully – slow down and tune in to how food makes you feel.**