



...because health matters!

Nutrition Matters

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Staying Healthy Through Menopause

The bottom-line.....

- ✿ Have three protein-rich meals a day. Include snacks, so you never go more than 4 hours without eating.
- ✿ Drink tea, green or black. Limit alcohol and coffee.
- ✿ Eat soy, in various forms, and flaxseed every day.
- ✿ Choose plenty of fresh fruits and vegetables everyday.
- ✿ Use good fats — olive or canola oil — for salads and cooking. Select fatty fish, nuts and avocados three times a week. Watch portion sizes.
- ✿ Select low-fat milk products, or other good sources of calcium and vitamin D, everyday.
- ✿ Reach for green leafy vegetables, legumes, whole grains and other mineral-rich foods regularly.
- ✿ Take appropriate supplements when necessary.
- ✿ Include daily physical activity: at least a 30-minute walk every day.
- ✿ Try herbal remedies (see below for suggestions).

REACH for Healthy Foods First

- Drink lots of water and eat fibre-rich foods such as fresh fruit, bran cereal, whole wheat bread and vegetables. Aim for 30g of fibre every day and 2 litres of water. Reduce your intake of sweets. Why? It helps to prevent constipation and bloating.
- If insomnia, hot flashes and/or fatigue are an issue, eliminate caffeine foods such as coffee and soft drinks containing caffeine.
- Limit alcohol to help with insomnia and hot flashes.
- Eat foods rich in boron, such as nuts, dried legumes and dried fruits as well as fruits and vegetables to help sooth hot flashes, reduce cancer risk and keep your bones strong.
- Needing more energy? Have a small portion of a protein-rich food such as yogurt, cheese, milk, fish, egg or meat at each meal and snack. Protein makes up the fuel that can sustain energy for hours on end.
- Include at least one citrus fruit in your diet each day to get more bioflavanoids and vitamin C to treat hot flashes as well as vaginal dryness and fluid retention.

Incorporate Flaxseed and Soy in Your Daily Diet

- ◆ Include in your daily food intake 1 to 2 tablespoons of ground flaxseed. The lignans may help reduce hot flashes, protect your bones and prevent cancer.
- ◆ A diet rich in soy foods such as soy beverage, tofu, and tempeh may reduce hot flashes and cholesterol levels slightly as well as prevent cancer and bone loss.
- ◆ How much do you need to eat? Aim for a total of 50 to 70 mg of isoflavones each day through soy foods or a soy protein powder made from soy protein isolate such as Supro. Try soy beverage as a shake for breakfast, or on your cereal. Munch on soy nuts.
- ◆ For best effect eat soy foods 2 to 3 times per day to maintain peak plasma levels throughout the day.

Soy Food	Serving Size	Isoflavone Content
Roasted soy nuts	¼ cup (60 ml)	40 - 50 mg
Soybeans, cooked & shelled	½ cup (125 ml)	41 mg
Tempeh, uncooked	3 oz. (90 g)	39 mg
Soy flour, defatted	¼ cup (60 ml)	37 mg
Tofu, uncooked or cooked	3 oz. (90 g)	24 mg
Soy beverage	1 cup (250 ml)	25 - 60 mg
Soy cereals	1 cup (250 ml)	20 - 25 mg

Supplements to Consider

- ◆ If you do not eat 3 to 4 servings of milk products every day, consider a calcium, vitamin D and magnesium supplement. Aim for 1,000 to 1,500 mg of calcium and 200 to 600 IU of vitamin D each day. Choose A 300 mg calcium citrate supplement with vitamin D and magnesium gluconate. Spread your supplement intake throughout the day to ensure good absorption.
- ◆ A Vitamin E supplement of 100 - 200 IU may help with hot flashes and prevent heart disease. However, those people who already have heart disease and/or who have risk factors for heart disease and stroke, should not use vitamin E supplements.
- ◆ AB complex vitamin containing B6, B12 and folate may help with insomnia, mild depression and prevent heart disease. Choose 500 micrograms of B12 with 400 micrograms of folic acid and 50 to 100 mg of B6.
- ◆ A citrus biflavonoid supplement of 250 to 500 milligrams may relieve hot flashes, as well as vaginal dryness and fluid retention.

About Herbal Supplements

- ✿ Black Cohosh is frequently taken to reduce hot flashes. Some women find a 40 to 80 milligram Remifemin supplement taken twice daily provides some relief.
- ✿ For mild depression which sometimes accompanies menopause try 300 milligrams of St. John's Wort 3 times daily.
- ✿ To aid vaginal dryness and restore vaginal epithelial tissue, try 100 to 200 milligrams of panax ginseng. Use for 2 to 3 weeks and then take a week off.
- ✿ For short-term insomnia, try 400 to 600 milligrams of valerian 1 to 2 hours before bedtime.
- ✿ Herbal and food supplements usually take time to show any effect. Don't be surprised if it takes 3 to 6 weeks to make a difference.
- ✿ If you choose to take a herbal supplement consult with your doctor and pharmacist to ensure it does not interact with any medications you may be taking. Herbs have active medicinal ingredients and should be treated like a drug.

For Your Library

Managing Menopause with Diet, Vitamins and Herbs by Leslie Beck, Prentice Hall Canada, 2000.

Good Nutrition for a Healthy Menopause by Louise Lambert-Legace, Stoddart Publishing Company, 1999.

Web-site: www.lesliebeck.com

