

Keys to Nutrition During Menopause

01

Include plenty of protein, animal or plant-based

Aim to eat at least 1.2-1.4 g/kg of your bodyweight in grams of protein per day. 25-30 grams at meal times is a good guide.

This would look like one full chicken breast (about 20 grams) or 1 full packet of tofu (about 20 grams)

ANIMAL PROTEIN NUTRITION CHART
(PER 100G)

 CHICKEN BREAST CAL: 166 P: 31 G	 SALMON CAL: 208 P: 20 G	 SARDINE CAL: 210 P: 25 G
 TUNA CAL: 130 P: 30 G	 PRAWNS CAL: 120 P: 22 G	 EGGS CAL: 155 P: 13 G
 LAMB CAL: 295 P: 24 G	 RED MEAT CAL: 250 P: 26 G	 PORK CAL: 238 P: 26 G

WWW.KARUNAWAGHMARE.COM

02

Monitor caloric intake

Women between the ages of 31-59 should consume between 1,600-2,200 calories each day.

Women above 60 years old should eat between 1,600 and 2,000 calories per day.



03

Drink enough water

Increased intake of water can help to decrease bloating, decrease intensity of hot flashes and help with hair and skin quality.

Divide your body weight by 2 and that is how many ounces of water you should consume. Ex: if you weigh 150 pounds, consume 75 ounces of water each day

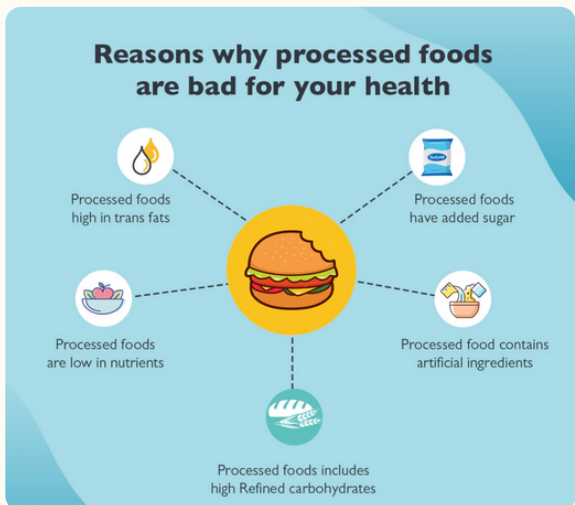
How much water should I drink?

Weight	Ounces of water to drink each day	Glasses of water (8 ounces)
50 pounds	25-50	3-6
75 pounds	38-75	5-9
100 pounds	50-100	6-13
125 pounds	63-125	8-16
150 pounds	75-150	9-19
175 pounds	88-175	11-22
200 pounds	100-200	13-25
225 pounds	113-225	14-28
250 pounds	125-250	16-31
275 pounds	138-275	17-34
300 pounds	150-300	19-38
325 pounds	163-325	20-41

04

Limit consumption of processed foods

Highly processed foods are typically high in saturated fat, added sugars, and sodium. Try to limit your consumption to decrease risk of increased mood swings, increased risk of cardiovascular issues and weight gain.



04

Consume alcohol/caffeine in moderation

Large amounts of alcohol and caffeine can lead to increased hot flashes and sleep disturbances.

No more than 1 alcoholic drink per day and less than 400 mg of caffeine is considered appropriate and safe

<p>ALCOHOL RECOMMENDATIONS women: 1 standard drink a day men: 2 standard drinks a day</p> <p>1 standard drink = 12 ounces, 5 ounces, 1.5 ounces</p>	<p>OR SWAP FOR THESE</p> <ul style="list-style-type: none"> water carbonated beverage sparkling water virgin cocktail kombucha
<p>ADDED SUGAR RECOMMENDATIONS less than 10% of daily calories ~200 calories if following a 2000 calorie diet (about 12 teaspoons or 48 grams)</p>	<p>OR SWAP FOR THESE</p> <ul style="list-style-type: none"> zero-calorie sugar substitutes naturally sweet foods like apples, bananas, sweet potatoes, or dates
<p>CAFFEINE RECOMMENDATIONS 300-400 milligrams a day equal to 3-4 cups of coffee or 2 energy shots</p>	<p>OR SWAP FOR THESE</p> <ul style="list-style-type: none"> decaf coffee black tea green tea herbal tea mushroom coffee yerba mate