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Life's Essential 8 *for Menopause*



Eat Well. Feel Well.

Healthy eating is important for your heart and brain health at any age. However, changes during menopause, such as fluctuating metabolic health (the way the body uses, creates, and stores energy) and decreased bone strength make a healthy diet during this stage of life important for your heart and brain health.

Where to Start

- Eat a variety of vegetables, healthy sources of protein, and calcium-rich foods into your meals. *A Mediterranean diet provides lots of opportunities to do so.*
- Forget the fad diets. Plan healthy meals and snacks that fit your life and that you enjoy eating.



What to Enjoy More of

- Calcium-rich foods such as cow's milk, skim milk, soy milk, Greek yogurt, or low-fat cheese.
- Colorful vegetables and fruits - you can include frozen and canned options that are low in sodium and free from added sugar.
- Healthy sources of protein such as beans, nuts, tofu, lentils, tuna, salmon, grilled chicken, turkey.

What to do Less

- Spicy food can bring your body temperature up and may make hot flashes and night sweats more intense.
- Caffeine and alcohol can make hot flashes, night sweats and trouble sleeping worse.
- Carbs and starchy foods may be harder to process as your metabolism slows down which may lead to weight gain.

GoRedforWomen.org/Lifes8Menopause

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