MENOPAUSE PANTRY



Protein

Helps fill you up for longer, boots immunity, repairs and strengthens muscles and keeps bones strong and healthy.

eqqs

♦ salmon

- ♦ broccoli
- spinach
- → Greek yoghurt
- → oats





Phytoestrogens

Mimic body's natural oestrogen (check with clinician if you have thyroid or history of hormone receptor cancer).

- wholegrains
- flax seed
- → legumes
- sesame seeds
- → sunflower seeds
- → almonds cashews
- soya

hazelnuts

- ♦ lentils
- kidney beans
- sprouts

Complex Carbs

Slow burning energy to combat fatigue, balances blood sugar and hormones and good for the skin.

- wholegrains
- ♦ brown rice
- quinoa

buckwheat

♦ barley

oats



Tryptophan

Aids sleep and boosts serotonin (our happy hormone).

turkey

- peanuts
- chicken
- ♦ whole milk

tuna

- grapefruit ↓ tofu
- banana
- oats

Fibre

Wards off constipation (a trigger for poor pelvic health), absorbs excess oestrogen, helps with weight management, reduces bloating and gas, reduces risk of heart disease, strokes, type 2 diabetes and colon cancer.

oats

apples

- oranges carrots
- wholewheat / wholegrain,
- sweetcorn
- flaxseed
- quinoa
- ♦ berries
- ♦ pears
- → melon

- ♦ peas beans
- pulses
- broccoli





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Omega 3

Boosts cognitive health, reduces intensity of hot flushes, promotes skin & hair condition, reduces inflammation to relieve joint pain and strengthen bones, boosts mood.

→ oily fish

- ♦ chia seeds
- → flaxseed
- walnuts
- spinach,

Vitamin B6 & B12

♦ fish

→ turkey

oysters

- eggs
- soya beans

spinach

♦ cheese

Probiotics

Promotes gut health & microbiomes that become unbalanced as we age, as well as helping ward off or recover quicker from UTIs.

- Greek yoghurt
- tempeh
- kimchi

- ♦ kefir
- probiotic yoghurts (check no sugar)

Zinc

Good for bone health, reducing stress, promoting deep sleep, and improving hair and skin condition.

- ♦ Red meat
- ♦ brazils
- ♦ shellfish
- almonds and legumes
- eggs pecans





Vitamin K

Good for bone and heart health and detox.

- ♦ Dark leafy greens eg kale, broccoli &
- spinach
- soya bean
- eggs Swiss chard
- ♦ brussels sprouts
- cauliflower
- turnip greens, parsley



Ginger and Turmeric

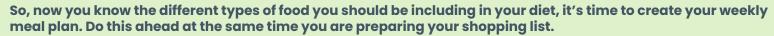
Good for lowering stress, promoting sleep and cognitive function and helping with join pain (pop in food or pop a slice in hot water)





Can help with daytime fatigue, insomnia

and low mood, boosting serotonin.



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