

MENOPAUSE PANTRY


<p>Protein</p> <p>Helps fill you up for longer, boots immunity, repairs and strengthens muscles and keeps bones strong and healthy.</p> <ul style="list-style-type: none"> ✦ eggs ✦ cottage cheese ✦ Greek yoghurt ✦ salmon ✦ broccoli ✦ spinach ✦ oats ✦ almonds 	<p>Complex Carbs</p> <p>Slow burning energy to combat fatigue, balances blood sugar and hormones and good for the skin.</p> <ul style="list-style-type: none"> ✦ wholegrains ✦ quinoa ✦ barley ✦ brown rice ✦ buckwheat ✦ oats 	<p>Fibre</p> <p>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.</p> <ul style="list-style-type: none"> ✦ oats ✦ rye ✦ wholewheat / wholegrain, ✦ flaxseed ✦ quinoa ✦ berries ✦ pears ✦ melon ✦ apples ✦ oranges ✦ carrots ✦ sweetcorn ✦ peas ✦ beans ✦ pulses ✦ broccoli
<p>Phytoestrogens</p> <p>Mimic body's natural oestrogen (check with clinician if you have thyroid or history of hormone receptor cancer).</p> <ul style="list-style-type: none"> ✦ wholegrains ✦ flax seed ✦ sesame seeds ✦ sunflower seeds ✦ almonds ✦ cashews ✦ hazelnuts ✦ legumes ✦ lentils ✦ kidney beans ✦ sprouts ✦ soya 	<p>Tryptophan</p> <p>Aids sleep and boosts serotonin (our happy hormone).</p> <ul style="list-style-type: none"> ✦ turkey ✦ chicken ✦ tuna ✦ banana ✦ oats ✦ peanuts ✦ whole milk ✦ grapefruit ✦ tofu 	

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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
- ✦ flaxseed
- ✦ spinach,
- ✦ oysters
- ✦ chia seeds
- ✦ walnuts
- ✦ eggs
- ✦ soya beans



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
- ✦ shellfish
- ✦ eggs
- ✦ pecans
- ✦ brazils
- ✦ almonds and legumes



Vitamin B6 & B12

Can help with daytime fatigue, insomnia and low mood, boosting serotonin.

- ✦ sunflower seeds
- ✦ fish
- ✦ turkey
- ✦ dried fruit
- ✦ spinach
- ✦ cheese
- ✦ eggs



Vitamin K

Good for bone and heart health and detox.

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



Ginger and Turmeric

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



So, now you know the different types of food you should be including in your diet, it's time to create your weekly meal plan. Do this ahead at the same time you are preparing your shopping list.