

# Menopause Diet

**Creating a wholesome menopause diet plan** is key for staying optimally healthy throughout the various stages of the transition.



## BENEFITS

1. Controls weight gain
2. Relieves menopause symptoms
3. Reduces heart disease
4. Prevents osteoporosis
5. Boosts mood



## FOODS TO EAT

Include foods from **all five foods groups** that are rich in the following nutrients:

- Complex carbs
- Lean protein
- Healthy fats
- Vitamins & minerals, especially calcium



## FOODS TO AVOID

Some foods can worsen menopause symptoms and increase the risk of health problems:

- Spicy foods
- Saturated and trans fats
- Refined sugar
- Excess sodium
- Excess alcohol and caffeine



# Menopause Diet

**Raffaella Di Napoli**



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