

Reset & Rise Community Resource

What should you eat and avoid NUTRITION and Menopause

Avoid

Avoid **ultra processed foods**

Spicy foods can kick up those hot flashes. **Not that it's bad for you, just that it can increase hot flashes.

Fast food - Causes SO many issues. Avoid at all costs.

Caffeine can definitely trigger more hot flashes too, but I love my coffee and tea, so I just dress in layers.

Avoid refined carbohydrates: White bread, pasta, pastries and other things made with white flour. Stick with whole carbs: vegetables, quinoa, barley, legumes, whole grains, oats. For pasta I do lentil or chickpea pasta, etc.

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NOW let's dive into what you should be adding in

FIRST...**WATER!!** A lot of it!

Omega 3 fatty acids Be sure to include golden flaxseeds, the highest in Omega 3, and also make sure to eat walnuts, hazelnuts and pecans, and other seeds such as chia, sesame and hemp seeds.

Beans mean happy hormones!! Beans, peas, and lentils also contain compounds that can help your body produce natural progesterone. For happy hormones and high nutrition, they are a must for peri or post-menopause.

SOY

Research has found that soy foods can be protective of a woman's bone health, which is important because the risk for osteoporosis increases during menopause. Soy also appears to increase longevity among breast cancer survivors, especially for those who have hormone receptor negative breast cancers.

FIBER...Omg.. Fiber! It's so important

-More plant based foods =lower your chances of getting breast cancer.

GREEN TEA! Women who drank more than 3 cups per day experience 57% fewer relapses of breast cancer