

KRISTIN FITNESS

strength inside and out

Top 7 Dietary Recommendation for Clients Approaching Menopause	
<i>Be cautious of gluten.</i>	<ul style="list-style-type: none"> ● Celiac disease is linked to earlier onset menopause – and can worsen menopausal symptoms.
<i>Be mindful of phytoestrogens.</i>	<ul style="list-style-type: none"> ● Can mimic estrogen – or have opposite effects. <ul style="list-style-type: none"> ○ Avoid processed soy foods and ingredients like soybean oil, modified soy, and soy lecithin. ○ However, whole soy foods might actually decrease symptoms.
<i>Consume good mood food.</i>	<ul style="list-style-type: none"> ● Menopause can alter mood. <ul style="list-style-type: none"> ○ Omega 3s: Salmon, sardines, tuna, walnuts, flax ○ Vitamin B: Lean meats, eggs, yogurt, leafy greens, whole grains, shellfish
<i>Eat an abundance of calcium-rich foods.</i>	<ul style="list-style-type: none"> ● Osteoporosis risk increases during menopause. <ul style="list-style-type: none"> ○ Almonds, broccoli, dairy, kelp, leafy greens, oranges, sardines, sweet potatoes ○ Vitamin D for absorption
<i>Limit caffeine.</i>	<ul style="list-style-type: none"> ● Sleep is affected during menopause. <ul style="list-style-type: none"> ○ Consume no more than one morning cup.
<i>Load up on fruits and veggies.</i>	<ul style="list-style-type: none"> ● Metabolism slows – and bulk & fiber help with satiety. ● *Phytonutrient DIM in cruciferous vegetables ● Vitamins and minerals help maintain hormone balance.
<i>Supercharge the diet.</i>	<ul style="list-style-type: none"> ● Flax seeds can reduce hot flashes. ● Maca can also reduce hot flashes. ● Pomegranate might help reduce hot flashes and help with vaginal dryness/discomfort. <ul style="list-style-type: none"> ○ Talk to a doctor, as pomegranate might interfere with medications, trigger allergies, or cause digestive discomfort.