Menopause Nutrition

Hormonal changes during menopause can affect your nutritional needs and overall health. Use this guide to plan balanced meals that support your energy, bone health, muscle strength, and long-term wellness. Focus on nutrient-rich, minimally processed foods whenever possible.

 **Carbohydrates + Colors**	 **Proteins**	 **Fats**	 **Beverages**
Highlights: fiber from whole grains + colorful produce	Goal: Eat quality protein to preserve lean muscle	Highlight: Omega-3s*	Limit: caffeine, alcohol, sugar, and artificial sweeteners
• legumes- chickpeas, beans, lentils, peas, etc. • whole grains • fruits • cruciferous vegetables- broccoli, cauliflower, cabbage, kale, bok choy, etc. • other vegetables- asparagus, peppers, carrots, green beans, leafy greens, etc.	• soy • legumes • fatty fish- salmon, tuna, trout, herring, sardines • nuts/seeds • lean meats • eggs • dairy	• fatty fish* • seeds- ground flax, chia* • nuts- walnuts* • avocado • oils- olive, avocado	• water • herbal teas • carbonated water • decaf coffee

Information is for educational purposes only. For a personalized nutrition plan (health insurance accepted), presentations, or online content creation contact us at www.pinnacle4health.com.