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Women's Nutrition for Menopause

For women, Menopause signals the end of a woman's reproductive years. This transition usually happens between the ages of 45 and 55. It is a normal part of aging, but it can be challenging. The hormonal changes triggered by the decline of estrogen and progesterone can lead to a variety of symptoms and health risks. Getting proper nutrition can help manage changes and support good health.

A woman enters Menopause after 12 consecutive months without a menstrual cycle. Up to this point, she may have experienced perimenopausal symptoms, including hot flashes, night sweats, mood swings, memory issues, weight gain, and an increased risk of heart disease and osteoporosis. Not all women experience all these symptoms; the occurrence of symptoms varies.

Symptoms may be relieved by eating a healthy diet. Proper nutrition, including calcium, vitamin D, magnesium, and omega-3, can help support bones, improve sleep, and help with hormone fluctuations.

Calcium and vitamin D are essential to maintain the strength and thickness of bone. Good sources of calcium include dairy products, soy, and leafy green vegetables (kale, broccoli, collard greens). Sources of vitamin D include eggs, fish, fortified dairy products, fortified orange juice, and mushrooms.

Magnesium can help reduce symptoms related to sleep disturbance and muscle cramps. Good sources of magnesium include avocados, beans, peas, dairy products, bananas, raisins, leafy greens, nuts, pumpkin seeds, potatoes, and whole grains.

Omega-3 fatty acids can help support heart health by reducing inflammation. Good sources include fish, nuts, seeds, flaxseed, canola oil, and fortified foods.

Remember to try to get your vitamins and minerals from whole foods. You can begin by filling half your plate with non-starchy vegetables, and choose lean protein sources such as poultry, fish, and beans. Also, choose healthy fats such as olive or avocado oils.

Menopause is a significant life change, but by choosing healthy food options, you can seek to manage symptoms and reduce health risks. Please consult your healthcare provider to learn about healthy choices during Menopause.

Resources: CDS, NIH