



Menopause & Nutrition

TIPS & TRICKS

READ THROUGH THIS PACKET WHENEVER YOU NEED SOME INSPIRATION OR GUIDANCE FOR YOUR MENOPAUSE NUTRITION PLAN, AND FEEL FREE TO PRINT OUT WHICHEVER PIECES ARE MOST USEFUL TO YOU.

(KEEPING THE GROCERY STORE CHECKLIST HANDY IS VERY HELPFUL.)

AT THE END OF THE DAY, THE MOST IMPORTANT THING ISN'T "EATING PERFECTLY." INSTEAD, SIMPLY FOCUS ON ADDING FOODS THAT BOOST YOUR HEALTH, GIVE YOU ENERGY, AND MAKE YOU FEEL GOOD!

THIS DOWNLOAD CONTAINS TONS OF
USEFUL INFORMATION, INCLUDING:

- * 3 TIPS FOR EASY (AND HEALTHY)
EATING AND SNACKING.
- * A RECLAIM YOUR HEALTH PORTION-
SIZING CHEAT SHEET.
- * A GROCERY STORE CHECKLIST TO
HELP YOU PLAN WHICH MINIMALLY
PROCESSED
PRODUCE, PROTEINS, WHOLE GRAINS,
AND FATS YOU WANT TO TRY NEXT.
- * A BONUS BLANK SHOPPING LIST YOU
CAN PRINT OUT AND FILL IN.

3 TIPS FOR EASY (AND HEALTHY)
EATING AND SNACKING
TAKE ADVANTAGE OF THESE TIPS TO
HELP MAKE HEALTHY EATING
CONVENIENT. YOU DON'T
NEED TO TRY THEM ALL AT ONCE.
JUST PICK WHAT WORKS FOR YOU!

FOR EXAMPLE, IF YOU'RE WORKING ON
EATING ENOUGH PROTEIN, PRIORITIZE
THE TIPS THAT WILL MAKE THIS AS EASY
AS POSSIBLE, LIKE PURCHASING A PRE-
COOKED ROASTED CHICKEN TO KEEP
HANDY.

LOOK OUT FOR THINGS LIKE:

- * PARTY TRAYS WITH MEATS, PRE-CUT VEGGIES AND DIP, OR FRESH FRUIT
- * PRE-COOKED ROAST CHICKEN
- * PROTEIN BARS
- * PRE-COOKED HARD-BOILED EGGS
- * EASY HIGH-PROTEIN SNACKS, LIKE JERKY, GREEK YOGURT, AND STRING CHEESE
- * FROZEN, PRE-PACKAGED SMOOTHIES OR SMOOTHIE INGREDIENTS (WHICH CAN BE QUICKLY PUT IN THE BLENDER FOR A NUTRITIOUS SNACK)
- * PRE-MADE SALADS, WRAPS, OR SANDWICHES WITH VEGGIES AND PROTEIN

****PRE-PACKAGED FOODS CAN BE MORE EXPENSIVE.

IF BUYING FOODS LIKE THE ONES IN THE LIST ABOVE ISN'T ACCESSIBLE FOR YOU, YOU CAN ALSO CONSIDER MAKING YOUR OWN VERSIONS FROM SCRATCH, PORTIONING THEM OUT, AND STORING OR FREEZING THEM TO HAVE ON HAND.

TIP #2: BATCH COOK LIKE A PRO
LEFTOVERS CAN BE A LIFESAVER WHEN
YOU'RE BUSY OR STRESSED. WHEN YOU DO
COOK,
BATCH COOKING OR DOUBLING YOUR
RECIPE WILL GO A LONG WAY WHEN IT
COMES TO
HAVING QUICK MEALS ON HAND.

HERE ARE SOME THINGS YOU COULD TRY:

- * USE A SLOW COOKER TO MAKE LARGE BATCHES OF SOUPS, STEWS, CHILI, OATMEAL, ETC.
- * ROAST A WHOLE CHICKEN, CUT IT UP, AND STORE IT IN THE FRIDGE.
- * BAKE A CASSEROLE, MEATLOAF, OR VEGETABLE LASAGNA AND FREEZE THE LEFTOVERS.
- * MAKE A LARGE STIR-FRY AND STORE IN PRE-PORTIONED CONTAINERS.
- * MAKE SALADS THAT WILL KEEP FOR A FEW DAYS (E.G., QUINOA, RICE, FIVE-BEAN).
- * COOK A FRITTATA OR QUICHE AND PRE-SLICE IT SO IT'S EASY TO GRAB FOR BREAKFAST OR LUNCH.

TIP #3: BUY PRE-CHOPPED, READY-TO-COOK ITEMS

SOME GROCERY STORES OFFER MEAL KITS OR PRE-CHOPPED, PRE-SEASONED FOODS THAT ARE SIMPLE TO THROW TOGETHER AND HEAT UP. THERE ARE ALSO A NUMBER OF MEAL KIT DELIVERY SERVICES AVAILABLE THESE DAYS.

ADDITIONALLY, YOU CAN RELY ON FROZEN FRUITS AND VEGGIES FOR QUICK MEALS OR NUTRITIOUS SMOOTHIES.

THERE'S A COMMON MISCONCEPTION THAT FROZEN PRODUCE IS INFERIOR TO FRESH, BUT IN FACT, FROZEN FRUITS AND VEGGIES ARE TYPICALLY FROZEN AT PEAK SEASON, SO THEY'RE RIPE AND NUTRITIOUS.

RECLAIM YOUR HEALTH PORTION SIZE SERVING TIPS:

YOUR BODY NEEDS TO GET ENOUGH PROTEIN, FAT, AND CARBOHYDRATE TO STAY HEALTHY AND RECOVER WHEN YOU EXERCISE. PROTEIN SUPPLIES YOU WITH SUSTAINED ENERGY THROUGHOUT THE DAY, AND HELP YOU STAY HEALTHY AND STRONG. BUT SOMETIMES IT'S HARD TO KNOW HOW MUCH OF EACH TO EAT.

PORTION SIZING CAN BE QUITE SIMPLE—AND IT DOESN'T REQUIRE PRECISION OR MEASURING. IN FACT, YOU ALREADY HAVE A MEASURING TOOL WITH YOU ALWAYS: YOUR HANDS!

USE THESE GUIDELINES AS STARTING POINTS:

* A STANDARD SERVING OF PROTEIN IS THE SIZE AND THICKNESS OF YOUR PALM.

MOST WOMEN NEED THREE TO SIX PALM-SIZED SERVINGS OF PROTEIN PER DAY, SO AIM TO EAT AT LEAST ONE PALM OF PROTEIN AT MOST MEALS AND SNACKS. PROTEIN SOURCES INCLUDE THINGS LIKE MEAT, FISH, SHELLFISH, EGGS, GREEK YOGURT, TOFU, AND TEMPEH.

IF YOU ARE GOING THE VEGETARIAN ROUTE, THERE IS A LOT OF PROTEIN THAT DOES NOT INCLUDE MEAT. THINGS LIKE SEITAN, TOFU, LENTILS, BEANS, NUTRITIONAL YEAST, SPELT & TEFF, HEMP SEEDS, PEAS, SPIRULINA, QUINOA, SPROUTED GRAINS, SOY MILK, OATS, WILD RICE, CHIA SEEDS, NUTS.

EXPERIMENT WITH RECIPES YOU FIND. THERE IS SO MUCH AVAILABLE ONLINE.

LOTS TO INCORPORATE INTO YOUR VEGETARIAN LIFESTYLE.

* A STANDARD SERVING OF NON-STARCHY VEGETABLES (OR LESS-SWEET FRUITS) IS THE SIZE OF YOUR FIST. STRIVE FOR ONE OR TWO FIST-SIZED PORTIONS AT EVERY MEAL.

LOOK FOR VEGGIES YOU HAVEN'T TRIED BEFORE:

IF YOU HAVE TRIED THESE:
KALE, PEPPERS, CABBAGE, SPINACH,
CARROTS, TOMATOES, BERRIES,
CUCUMBER... BE ADVENTUROUS.

THE MORE COLORFUL THE SELECTION,
THE BETTER!

*A STANDARD SERVING OF HEALTHY FATS IS THE SIZE OF YOUR THUMB. MOST WOMEN WILL NEED FIVE TO SIX THUMB-SIZED SERVINGS OF HIGH-FAT FOODS PER DAY, SO AT LEAST ONE PORTION OF HEALTHY FATS (E.G., AVOCADO, COLD-PRESSED OILS, NATURAL NUT BUTTERS) AT EVERY MEAL IS IDEAL.

* A STANDARD SERVING OF COOKED CARBOHYDRATES OR SWEET FRUIT IS THE SIZE OF A CUPPED HANDFUL.

AIM FOR AT LEAST ONE CUPPED HANDFUL OF SLOW-DIGESTING, HIGH-FIBER CARBOHYDRATES (SUCH AS BROWN RICE, QUINOA, SWEET POTATO, OR WHOLE GRAIN BREAD) AT MOST MEALS.

KEEP IN MIND THAT MANY FOODS CAN FALL INTO MORE THAN ONE CATEGORY OF MACRO-NUTRIENT (PROTEIN, CARBS, AND FAT). FOR INSTANCE:

* NATURAL PEANUT BUTTER IS HIGH IN HEALTHY FAT BUT ALSO CONTAINS SOME PROTEIN.

* A SERVING OF SALMON IS RICH IN PROTEIN BUT ALSO CONTAINS OMEGA-3 FATS.

* HUMMUS IS A CARBOHYDRATE AND CONTAINS SOME PLANT-BASED PROTEIN.

YOU CAN CLASSIFY FOODS LIKE THIS
BY THE MACRONUTRIENT IT'S
RICHEST IN.

SO NATURAL PEANUT BUTTER
WOULD BE CONSIDERED A FAT
SOURCE.

USE THE HAND PORTION SIZES AS A
GUIDE TO HELP YOU SHOP AND
PREPARE YOUR FOOD,

BUT DON'T STRESS TOO MUCH IF
YOU HAVE MORE OR LESS AT ANY
GIVEN MEAL.

IF YOU'RE HUNGRY, EAT SOME
MORE. IF YOU'RE SATISFIED, DON'T
FEEL LIKE YOU NEED TO CLEAN
YOUR PLATE. EVERY WOMAN IS
DIFFERENT, SO LISTEN TO YOUR
BODY!

FOOD SHOPPING MADE EASY: GROCERY STORE CHECKLIST

REVIEW THESE LISTS BEFORE YOU
GO TO THE STORE (OR OPEN YOUR
GROCERY APP)
TO DISCOVER NEW TYPES OF
FOODS AND SHOP MORE
EFFICIENTLY.

IF YOU'RE TAKING THE LIST WITH
YOU TO THE STORE, HIGHLIGHT OR
CIRCLE TWO TO FOUR
ITEMS FROM EACH CATEGORY SO
YOU KNOW EXACTLY WHAT YOU
WANT IN ADVANCE, AND
THEN TICK THEM OFF ONCE YOU
PUT THEM IN YOUR CART.
YOU CAN ALSO USE THE PRINTABLE
BLANK SHOPPING LIST AT THE END
OF THIS DOWNLOAD.

PRODUCE

QUICK TIPS:

*MOST FRUITS AND VEGGIES ARE CONSIDERED CARBOHYDRATES (SOME, LIKE

AVOCADO, ARE A FAT SOURCE).

*ONE SERVING OF VEGETABLES IS ABOUT THE SIZE OF YOUR FIST. ONE SERVING OF FRUIT IS ABOUT THE SIZE OF YOUR CUPPED PALM.

*WHEN POSSIBLE, BUY SEASONAL AND LOCAL — THEY'LL BE FRESHER AND TASTE BETTER!

VEGETABLES

- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bell peppers (green, yellow, red, orange)
- Bitter melon / gourd
- Bok choy
- Broccoli
- Brussels sprouts
- Green beans
- Cabbage
- Carrots
- Cassava / Yuca
- Cauliflower

- Celery
- Chayote
- Corn
- Cucumber
- Dark leafy greens:
 - Collards
 - Kale
 - Spinach
 - Swiss chard
- Daikon
- Eggplant
- Endive
- Fiddlehead ferns
- Jackfruit
- Jalapeno peppers
- Jicama

- Kohlrabi
- Kimchi
- Leeks
- Lettuces:
 - Boston
 - Iceberg
 - Green leaf
 - Red leaf
 - Romaine
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas, green
- Potatoes (red, white, sweet)

- Radicchio
- Radishes
- Rhubarb
- Squash:
 - Acorn
 - Butternut
 - Pumpkin
 - Spaghetti
 - Zucchini
- Taro root
- Turnips
- Yu Choy
- Yam
- Water chestnuts
- Other: _____

FRUIT

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Coconut
- Dried fruits

- Dragon fruit
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew melon
- Kiwi
- Kumquats
- Lemons

- Limes
- Lychee
- Mango
- Nectarine
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons

- Pineapple
- Plums
- Plantains
- Pomegranate
- Raspberries
- Strawberries
- Tangerine
- Watermelon
- Other: _____

PROTEIN

QUICK TIPS: IF BUYING CURED MEATS, LOOK FOR NITRATE/NITRITE-FREE. ONE SERVING OF PROTEIN IS ABOUT THE SIZE OF YOUR PALM. IF YOU'RE A MEAT-EATER, AIM TO CONSUME A MIX OF PROTEIN SOURCES. FOR EXAMPLE, TRY BISON INSTEAD OF BEEF OR HAVE AN ENTIRELY MEATLESS MEAL AT LEAST ONE DAY A WEEK.

MEAT		POULTRY	FISH
<ul style="list-style-type: none"> • Beef <ul style="list-style-type: none"> ◦ Lean ground ◦ Oxtail ◦ Shank ◦ Steak ◦ Stewing beef ◦ Other: _____ • Lamb <ul style="list-style-type: none"> ◦ Chops ◦ Ground ◦ Shank ◦ Other: _____ 	<ul style="list-style-type: none"> • Pork <ul style="list-style-type: none"> ◦ Bacon ◦ Chops ◦ Ground ◦ Ham ◦ Ribs ◦ Sausage ◦ Tenderloin ◦ Other: _____ • Wild Game / Other Red Meat <ul style="list-style-type: none"> ◦ Bison ◦ Boar ◦ Goat ◦ Rabbit ◦ Venison 	<ul style="list-style-type: none"> • Chicken <ul style="list-style-type: none"> ◦ Breasts or legs ◦ Feet ◦ Ground ◦ Quarters ◦ Thighs ◦ Whole ◦ Wings • Cornish hen • Duck • Eggs • Egg whites • Turkey <ul style="list-style-type: none"> ◦ Breasts/legs ◦ Ground ◦ Whole • Other: _____ 	<ul style="list-style-type: none"> • Catfish • Cod • Halibut • Herring • Pike • Salmon <ul style="list-style-type: none"> ◦ Canned ◦ Fresh • Sardines • Snapper • Tilapia • Trout • Tuna <ul style="list-style-type: none"> ◦ Canned ◦ Fresh • Other: _____
SHELLFISH / OTHER SEAFOOD	DAIRY		PLANT-BASED
<ul style="list-style-type: none"> • Clams • Crab • Crayfish • Lobster • Mussels • Oysters • Octopus • Scallops • Shrimp/prawns • Squid • Other: _____ 	<ul style="list-style-type: none"> • Milk (or dairy-free milk alternative) • Cheese <ul style="list-style-type: none"> ◦ Cheddar ◦ Cottage ◦ Feta ◦ Goat ◦ Mozzarella ◦ Swiss ◦ Other: _____ 	<ul style="list-style-type: none"> • Whey protein powder • Yogurt • Other: _____ 	<ul style="list-style-type: none"> • Hummus • Beans / Legumes • Lentils • Tempeh • Tofu • Vegetarian protein powder • Other: _____

WHOLE GRAINS

QUICK TIPS:

*OPT FOR SLOW-DIGESTING, HIGH-FIBER CARBOHYDRATES, WHICH WILL CONTRIBUTE TO HEALTHY DIGESTION AND SUSTAINED ENERGY LEVELS.

*READ THE LABELS ON SLIGHTLY PROCESSED CARBOHYDRATES (E.G., CRACKERS, BREAD, PASTA). *LOOK FOR LESS THAN 10 GRAMS OF SUGAR PER SERVING, “WHOLE GRAINS,” AND MINIMAL INGREDIENTS.

*WHEN POSSIBLE, LIMIT YOUR INTAKE OF HIGHLY PROCESSED CARBS (E.G., SUGARY BREAKFAST CEREALS, FRUIT JUICE, ICE CREAM, SODA).

WHOLE GRAINS		SLIGHTLY PROCESSED WHOLE GRAINS	
<ul style="list-style-type: none">• Amaranth• Barley, pearled• Brown rice• Buckwheat• Bulgur• Corn / Maize• Kamut	<ul style="list-style-type: none">• Millet• Oats• Quinoa• Sprouted grain bread• Wheat berries• Wild rice• Other: _____	<ul style="list-style-type: none">• Bread*• Bagels*• Cereal*• Crackers*• Couscous• Corn tortillas• Pasta (bean/legume)	<ul style="list-style-type: none">• Pasta*• Popcorn (air-popped)• Rye bread• Spelt bread• Wheat tortillas• Wheat germ• Other: _____

FATS:

*ONE SERVING OF FAT FROM A FAT-DENSE FOOD (E.G., OILS, BUTTER, AVOCADO) IS

ABOUT THE SIZE OF YOUR THUMB.

* CHOOSE MINIMALLY PROCESSED FAT SOURCES (SUCH AS THOSE IN THE LIST BELOW!)

MORE OFTEN THAN HIGHLY PROCESSED FAT SOURCES (E.G., BAKED GOODS, DEEP-FRIED FOODS).

WHOLE FATS		OILS	FAT-BASED CONDIMENTS AND SPREADS
<ul style="list-style-type: none"> • Avocado • Nut butter • Olives • Peanuts • Peanut butter • Seeds <ul style="list-style-type: none"> ◦ Chia ◦ Flax ◦ Pumpkin ◦ Sunflower • Seed butter 	<ul style="list-style-type: none"> • Whole-fat cheese • Whole-fat milk • Whole nuts <ul style="list-style-type: none"> ◦ Almonds ◦ Cashews ◦ Hazelnuts ◦ Pistachios ◦ Walnuts ◦ Other: _____ • Other: _____ 	<ul style="list-style-type: none"> • Avocado oil • Butter • Canola oil • Coconut oil (organic, unrefined, extra virgin) • Fish oil • Ghee (clarified butter) • Macadamia nut oil • Olive oil, extra virgin • Peanut oil • Sesame oil, cold-pressed • Walnut oil • Other: _____ 	<ul style="list-style-type: none"> • Guacamole • Hummus • Mayonnaise • Natural nut butters (nonhydrogenated) • Pesto • Salad dressings, low-sugar • Tahini • Other: _____

Grocery Shopping List

1 VEGETABLES

[illegible]

2 FRUIT

[illegible]

3 WHOLE GRAINS

[illegible]

4 MEAT & PROTEIN

[illegible]

5 FATS

[illegible]

6 OTHER

[illegible]