



FRESH Nutrition
Nutritional advice for all

Foods to Eat During the Menopause

During the menopause the body requires foods high in Calcium, Magnesium, Zinc, Vitamin E and D. Studies Have shown that increased amounts of these vitamins and minerals can make a significant difference to the symptoms associated with the menopause.

The following foods will help to supply these nutrients and should be included in the diet as much as possible.

- Sardines
- Avocado
- Sunflower and pumpkin seeds
- Nuts
- Leafy green vegetables
- Liver
- Cod liver oil
- Bananas
- Apricots
- Soya beans
- Soya milk
- Miso (soya based soup)
- Oils – olive, linseed, borage and safflower