

# Menopause and Nutrition

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# What is Menopause?

- Perimenopause (AKA Pre-Menopause):
  - When a woman transitions from having regular menstrual periods to ending menstruation.
  - Can last from 2-10 years, Average age of menopause 51
- Menopause:
  - cessation of menses for 12 months
  - when the ovaries stop making estrogen, progesterone and testosterone
- Symptoms of Menopause: hot flashes, night sweats, bladder and reproductive changes, insomnia, fatigue, depression, anxiety/irritability and joint pain

# Minnie Paut....™

by Dee Adams

OUR VEGGIES ARE  
MISTED WITH ICE COLD  
WATER EVERY HOUR!!

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BREAD  
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dee adams [www.minniepaut.com](http://www.minniepaut.com)

# Hormonal Imbalance

- Decreased estrogen → increased fat cell production → bodies substitute for estrogen deficiency → increased abdominal fat.
- Decrease progesterone → water retention and bloating
  - Not a chronic source of weight gain
  - Decreases over time
- Decrease in testosterone → create lean muscle mass → gradual loss of muscle → slows metabolism
- Increase in Cortisol

# Hormone Imbalance

## Top Reported Complaints

- Hot flashes/Night sweats
- Mood Dysfunction
- **Weight gain**
  - Weight resistance
  - Weight gain- abdomen and hips
  - Estrogen deficiency → Insulin resistance → Fat Production → “Spare Tire” → Image conflict
- Libido dysfunction (loss of sex drive)



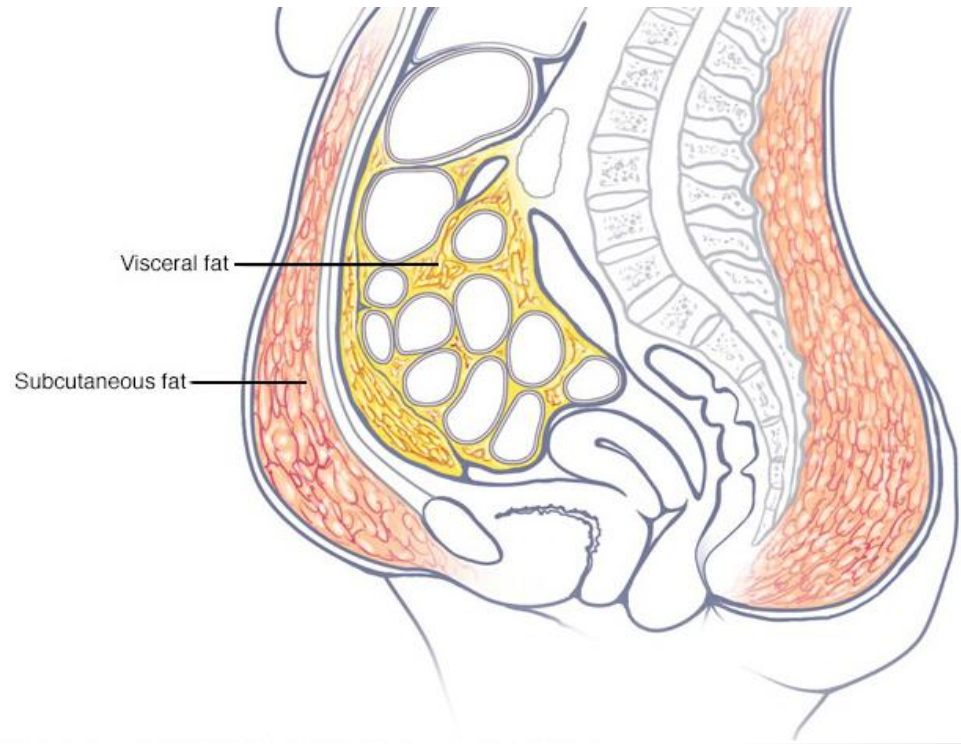
# Weight Gain

- Weight gain = bodies response to menopausal hormone transition- not just exercise or eating habits
- Diet + Exercise + Hormone Balance
- Abdominal weight gain → increased risk for:
  - Breast cancer
  - Heart attack, high blood pressure, elevated cholesterol
  - Type 2 diabetes
  - Alzheimer's disease
  - Depression.
- Avoid the “yo-yo” diet
  - no appetite suppressants/diet pills
  - “fad” supplements



# Belly Fat

- Caloric balance
- Decreased levels of estrogen increases belly fat even with or without weight gain
- Subcutaneous fat (pinch and inch) vs. Visceral fat (between the organs)
- Insulin resistance



# How much is too much?

- Waist measurement: greater than or equal to 35in”= unhealthy concentration of belly fat and increased risks.
- How to check:
  - Place a tape measure around your bare stomach, just above your hipbone.
  - Pull the tape measure until it fits snugly around you, but doesn't push into your skin.
  - Make sure the tape measure is level all the way around.
  - Relax, exhale and measure your waist, resisting the urge to suck in your stomach.



# Regaining Balance



1. **Hormone Replacement Therapy**
2. **Complementary Lifestyle Changes**
  - Balanced Meals
  - Exercise
  - Sleep
  - Vitamins
  - Hydration
  - Omega 3&6 rich foods

# Bio-identical Hormone Therapy (BHRT)

- BHRT/"natural " chemically identical to those in the body
- BHRT includes:
  - Estrogen (2 forms): estradiol, estriol
  - Progesterone
  - Testosterone
  - DHEA
- Dosing forms
  - Pills, capsules
  - Transdermal (topical, skin; vaginal)
    - Creams, gels, patches
    - Suppositories
  - Sublingual (under the tongue)
    - Lozengers, drops



# Nutrition

- Breakfast every day
- 3 meals with small snacks as needed ( snacks only if hungry!)
- Water/hydration
- Calcium
- Increased Iron
- Fiber
- Increased fruits and vegetables
- Increase consumption of Omega 3
- Avoid the salt shaker
- Limit alcohol to one or fewer drinks per day
- Cruciferous vegetables



# Carbohydrates

- Choose complex carbohydrates
  - Vegetables, fruits, nuts/seeds, brown rice, quinoa & yams
- Limit refined starches & sugars
  - Candy, sugary treats



# Protein

- Protein at breakfast
  - essential for keeping metabolic rate elevated
- Protein at meals and snacks to assist with insulin resistance & cravings
- Research shows that eating protein synergistically w exercise is beneficial to building muscle mass.





# Cruciferous Vegetables

- Broccoli, cauliflower, cabbage, kale, bok choy, kohlrabi, Brussels sprouts and mustard, rutabaga and turnip greens.
- Rich in Zinc, Vitamins A, B, C, D and E
- Contains Indole-3-Carbinol (I3C) that is beneficial for estrogen metabolism.
- Choose at least 1 serving per meal



# Healthy Fats

- Healthy fats at all meals
  - avocado, olive oil, nuts/seeds
- Avoid Trans-fats, fats solid at room temperature- use instead olive oil, canola.
- Help with satiety and avoidance of refined carbs triggering insulin resistance
- Omega 3 Fats
  - Assist in hormone stabilization
  - Lower inflammation in the body
  - “Feed” the brain



# Omega 3 Fats

- Can not be produced in the body- must be obtained through the diet or supplements
- 1.1 g/day for Women, 1.6 g/day for Men
- Reduces inflammation (Arthritis) and lower risk of: Cancer (notably breast)
- Support brain function and protect the health of neurotransmitters in the brain.





## World's Healthiest Foods rich in omega-3 fats

Food	Cals	%Daily Value
Flax Seeds	75	132.9%
Walnuts	164	94.5%
Salmon	245	61.2%
Sardines	189	55.8%
Soybeans	298	42.9%
Halibut	159	25.8%
Scallops	127	17%
Shrimp	112	15.4%
Tofu	86	15%
Tuna	158	13.7%

# Osteoporosis

- To Prevent Osteoporosis:
- Dairy products, orange juice, soy milk & other calcium fortified foods
  - Kale, Spinach, Tofu, Salmon
- Vitamin D: Synthesized by the sun, fish, sardines, Vit D fortified drinks such as milk, soy milk
- Weight bearing exercise- helps maintain bone mass
- Reduce intake of soda (diet too!) Research is linking soda intake to decreased bone density.

# Hot Flashes

- Soy (Isoflavones) offer women a source of estrogen, which may help relieve hot flashes.  
Some research shows 40-80 mg (Soy beans, tempeh, tofu) will decrease symptoms.



# Supplements

- Calcium: 1200mg plus Vit D: 1000IU Daily
- Iron: 8mg per day
- Magnesium: 420mg per day
- Multi B-Vitamins - 300mg of B6 and 6 mcg of B12
- Evening Primrose Oil (EPO) at bedtime can help with lowering incidence of hot flashes (1500-2000 mg.)
- Rhubarb (*Rheum rhaponticum*) 4 mg per evening can help with alleviating hot flashes (study with 112 women who after 28 days reported having 5.5 fewer hot flashes per day than placebo group)

# Exercise

- Make sure to include cardio, strength, and stretching
  - For stress: Yoga, meditation
  - For bones: cardio and strength training
  - For your heart: cardio
- Benefits
  - Prevent osteoporosis
  - Reduces the risk of heart attack and other cardiovascular diseases by increasing heart and respiratory rates.
  - Keeps joints moving and keeps the muscles around your joints strong. This helps in the prevention of arthritis.
  - Maintain regular bowel function, a common problem as people become older.

# Summary

- Eat more Omega-3 Fatty Acids.
- Increase Exercise- Cardio and Weight Bearing exercises or Yoga.
- Eat more fruits and vegetables, whole grains, sources of calcium
- Nutrient dense foods- healthy fat foods and complex carbohydrates.
- Eat protein prior to exercise to maintain/build muscle mass
- Increase water intake, decrease sugary drinks such as soda.

# Questions?



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