



EATING WELL FOR MENOPAUSE

Reducing the severity of symptoms and helping to protect against long-term health conditions



**EATING WELL MAY HELP TO
REDUCE THE SEVERITY OF
MENOPAUSAL SYMPTOMS.
IT WILL ALSO HELP PROTECT
AGAINST LONG-TERM HEALTH
CONDITIONS ASSOCIATED
WITH THE LOSS OF OESTROGEN
SUCH AS HEART DISEASE AND
OSTEOPOROSIS.**

We suggest you focus on foods that help keep your heart healthy, your bones strong, and your brain sharp whilst lowering your intake of foods that trigger symptoms.

CHECK OUT

menopauseatwork.co.uk
for more resources and information
on healthy lifestyles covering,
sleep, mental health and exercise
and the importance of these
before during and after
the menopause.

We have put together some top tips and recipes to support you through the menopause transition:

- Eat at least five portions of **fruit and vegetables** a day.
- Include plenty of **calcium** such as (low-fat) dairy products, canned sardines, salmon, green leafy vegetables, tofu, plant-based milk, nuts, and fortified bread and breakfast cereals.
- **Vitamin D** – Sunlight encourages the production of vitamin D. This helps your body absorb calcium which is important in maintaining good bone density. In the UK from October to March we are recommended to take a supplement containing 10 micrograms.
- Swap to **higher fibre** foods, such as wholegrain breads, high fibre breakfast cereals and brown rice whenever you can. Oats, wholegrain cereals and breads as well as pulses like lentils, chickpeas and beans are all excellent sources of fibre and heart friendly.
- Choose **unsaturated fats** by cutting down on fatty meats, switching to low saturate oils and spreads, choosing lower fat dairy and grilling rather than frying your food.
- Include foods with **Omega 3** into your diet such as oily fish,

Key foods and drinks to avoid or reduce:

- High amounts of **phosphorous** found in processed foods and fizzy drinks. Too much accelerates the loss of calcium.
- **Sodium and caffeine** – can reduce calcium stores.
- **Sugary foods** - a sharp rise in your blood glucose level may be followed by a sharp dip which leaves you feeling tired and drained.
- **Spicy foods, alcohol and caffeine** - can increase the severity and frequency of hot flushes.
- Avoid eating large meals close to bedtime

One strategy the next time you experience severe symptoms such as hot flushes write down what you last ate. Doing so may help you identify trigger foods that you should limit or avoid to reduce how often or intensely you experience these symptoms.

PLEASE NOTE

All recipes are vegetarian but feel free to include meat/fish as you like.



BREAKFAST SMOOTHIE

SERVES 2
TAKES 10 MINUTES

INGREDIENTS

- ½ cup ripe plums stoned
- ½ cup frozen blueberries 100 g
- 1 banana chopped
- 1 cup nut or dairy-free milk (eg. almond)
- 1 cup water
- 1 handful spinach
- 1 handful of almonds
- 1 tsp Chia seeds
- ¼ tsp cinnamon
- ¼ tsp ground cloves

HOW TO MAKE IT

Add all ingredients to a blender and blend until smooth.



SHEPHERDLESS PIE

SERVES 6
TAKES 50 MINUTES

INGREDIENTS

- 2 red onions
- 4 cloves of garlic
- 1x medium carrot peeled and chopped
- 1x stick celery chopped
- 1x 400g tins of cooked lentils or 70g dried lentils cooked
- 1x 400g tin butter beans
- 1x tin of kidney beans
- 2 tbsp oil
- 1 tsp sea salt
- 2x 400g tins of chopped tomatoes
- ½ tsp freshly ground black pepper
- 1 tsp smoked paprika
- 2 bay leaves
- 1 tbsp maple syrup
- 1 tbsp soy sauce
- a few sprigs of fresh parsley

FOR THE MASHED POTATO TOPPING

- ½ kg sweet potatoes
- ½ kg potatoes
- 3 tbsp olive oil
- 100ml non-dairy milk
- sea salt and freshly ground black pepper

HOW TO MAKE IT

Peel and finely chop the onions and garlic, finely slice the carrot and parsnip and cut the fine beans into bite-size pieces. Then drain the lentils and rinse thoroughly.

Put the oil into a large pan on a high heat, add the onions and garlic and cook 2 minutes, stirring regularly.

Add the drained lentils and beans to the pan, along the chopped tomatoes, black pepper, smoke paprika, bay leaves, maple syrup and tamari. Bring to the boil, then lower the heat and add the fine beans and parsley (roughly chopped) for some colour.

Leave to simmer, checking from time to time that the mixture is not sticking to the pan. Continue to simmer while the potatoes cook, stirring occasionally to ensure nothing sticks to the pan.

Preheat oven to 200°C/400°F/Gas Mark 6. While the filling is simmering, chop the potatoes evenly into small bite-size pieces and put them into a medium pot (we usually leave the skins on). Cover with boiling water, bring back to the boil, then reduce the heat and leave to simmer until tender (about 15 minutes).

Drain the potatoes, return them to the pot and mash with a potato masher, adding the oil and non-dairy milk a little at a time until your mash reaches the right texture (smooth but not sloppy). Taste and season with salt and pepper.

Tip the lentil mixture into a lasagne-type casserole dish and top with the mashed potato (aim for approximately half the lentil and half the potato). Bake in the preheated oven for 20-30 minutes, until the top of the potato is turning golden brown.



SUNSHINE SOUP

SERVES 4
TAKES 20 MINUTES

INGREDIENTS

- 1 small onion, finely chopped
- 1 tbsp extra-virgin olive oil, avocado, or coconut oil
- 3 carrots, chopped
- 2 celery stalks, chopped
- 1 clove garlic, minced
- 1 tbsp ground turmeric
- ¼ tsp fresh ginger, minced (or substitute 1 tsp ground)
- 1.5 litre vegetable stock
- 1 butternut squash, peeled and cubed
- 1x 400ml tin full fat coconut milk
- 1x 400ml tin of butterbeans
- Himalayan salt and pepper to taste

HOW TO MAKE IT

In a large pot, heat oil to medium.

Add onions and saute until soft, about 5 minutes.

Add carrots and celery and saute for another 5 minutes.
Then add the garlic, turmeric, and ginger and saute for 1-2 more minutes.

Next, add the vegetable stock and then the cubed butternut squash.

Bring to a boil, and reduce to a simmer until the squash is fully cooked (this usually takes about 10-12 minutes).

With a slotted spoon, remove about half of the vegetables from the pot and place in a blender or food processor. Blend until smooth, and then pour back into the rest of the soup. (If you do not want a creamier soup, skip this step.)

Last, stir in the coconut milk and serve.

MAKE YOUR OWN NOURISH BOWL

FOR A HEALTHY BALANCE OF FLAVOURS AND NUTRITION, CHOOSE AT LEAST ONE ITEM FROM EACH LIST BELOW TO PROVIDE YOU WITH GOOD FATS, PROTEINS, GRAINS AND VEGGIES.

I OFTEN BATCH-PREPARE A FEW KEY INGREDIENTS (SUCH AS THE BUTTERBEANS, ROASTED SWEET POTATOES OR SQUASH, AND CHOPPED SALAD) AND KEEP THEM IN THE FRIDGE TO MAKE UP LUNCH BOWLS LIKE THIS DURING THE WEEK. INGREDIENTS CAN BE SERVED WARM OR COLD DEPENDING ON THE SEASON AND WHAT YOUR BODY IS CRAVING.



MAKE YOUR OWN NOURISH BOWL

**SERVES UP TO 4
TAKES 15 MINS**

INGREDIENTS

Choose a protein : 2 tbsp per bowl

- 400g tin chickpeas
~ roasted in 1 tsp olive oil, 1 tsp smoked paprika and chopped garlic clove
- Hummus
- Tofu
- 400g tin of butterbeans cooked with 400g tin tomatoes, 1/2 tsp chilli powder, 2 chopped garlic cloves, olive oil, fresh lemon juice and a handful of chopped parsley

Grains: 2 tbsp per bowl

- Steamed quinoa mixed with chopped, fresh parsley, lemon, and olive oil
- Cooked brown rice fried with 1/2 onion, 2 garlic cloves, coconut oil, 1/2 tsp cinnamon, 1/2 tsp cumin and 1/2 tsp ground turmeric
- Wholewheat pasta tossed in olive oil and salt or pesto
- Noodles (e.g. udon or wholewheat) tossed in sesame oil and soy sauce
- Pearl barley
- Bulghur wheat, optionally mixed through the chopped salad below

MAKE YOUR OWN NOURISH BOWL

Healthy Fats 1 tbsp

- 1 avocado, halved
- Tzatziki: 1 tbsp coconut yoghurt, 1 tbsp olive oil, 1 lemon juiced, fresh parsley and dill, 1/2 cucumber cubed
- 1 tbsp almond butter
- 1 tbsp mixed nuts
- Tahini, either on its own or whisked with a little maple syrup or coconut yoghurt

Veggies:

- Sweet potatoes
~ halved and roasted with a drizzle of olive oil, 1 tbsp honey and garlic cloves
- Butternut squash or pumpkin
~ peeled and roasted with olive oil, 1 tsp cinnamon and salt
- Carrots roasted with skin on and zaatar seasoning
- Chopped salad
~ cucumber, ripe tomatoes (optional) and lots of fresh parsley, mixed with 2 tbsp olive oil salt, zest and juice of 1 lemon
- Roasted cauliflower
- Greens
~ kale, spinach, chard or cavolo nero, sautéed in olive oil, garlic and a little ginger, finished with fresh lemon
- Steamed or roasted broccoli, tossed in sesame oil and sesame seeds
- Steamed green beans, dressed in olive oil, lemon juice and salt
- Griddled or pan-fried courgettes

MOOD-BOOSTING GRANOLA BAR

MAKES 8 BARS
TAKES 20 MINUTES

INGREDIENTS

- 3 tbsp coconut oil
- 2 tbsp peanut butter
- 5 tbsp maple syrup or honey
- Pinch of himalayan sea salt
- 160g oats
- 1 tsp cinnamon
- 50g chocolate chips
- 2 tbsp seeds of choice
- 2 tbsp nuts (eg. cashews and almonds)

HOW TO MAKE IT

Preheat your oven to 180 degrees.

In a large pan melt the oil, peanut butter, maple syrup and soya milk and mix until smooth.

Add the oats, cinnamon, salt, 2/3 of the chocolate chips and nuts to the mix and stir until all the dry ingredients are coated with the wet.

Grease an oven-proof dish with the coconut oil so the mix doesn't stick when baked. Press the mixture into the dish and top with the remaining 1/3 of chocolate chips.

Cook for 15 mins and then cut into bars before cooling.





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