



## Food and Nutrition Resources

Good menopause nutrition is central to weight management, digestive health, bone health and reducing the risk of cardiovascular disease, but knowing where to start can feel overwhelming. That's where our team of Registered Dietitians and Registered Associate Nutritionists can help help. They're on hand to make eating well simple, achievable and sustainable. No fads, no gimmicks. Their evidence based guidance will help change the way you see food forever, to live the happiest, healthiest rest of your life.

As a Supported Care member of [www.harleystathome.com](http://www.harleystathome.com), you will have access to the following LIVE food and nutrition sessions:

- **Nutrition Clinic:** This 30 minute nutrition clinic allows you to ask your general nutrition questions to our nutrition experts. Please be reminded that our experts cannot give individualised advice. In the case of complex enquiries, you may be advised to speak to your healthcare professional.
- **Nutrition Masterclass:** Each month our nutrition experts focus on a different theme to bring the latest research, evidence and advice right to your finger tips. From general healthy eating and heart health to urinary tract infections and sleep, you'll learn about the role food and nutrition has to play at perimenopause and menopause.
- **The Menopause Kitchen:** Once a month our nutrition experts cook up a storm to show you how healthy eating can be made easy. Learn how to prepare meals in no time whilst understanding the nutritional benefits of the ingredients in each dish.
- **Ten on Test:** Our nutrition experts compare ten different foods for different nutritional benefits, and let you know which are worth trying and which you might want to save your pennies on. From heart friendly foods to Back to Basic friendly snacks, our team are here to support you to make good, informed food choices.

## Meet Our Nutrition Team

### Registered Dietitian Nigel Denby

Nigel has over 20 years experience helping women to eat better, feel better and change their lives through practical and realistic advice. His unique ability to translate the science of nutrition and health into practical real-life solutions has been life changing for hundreds of menopausal women. Forget gimmicks, diet fads and quick fixes - Nigel focuses on good, evidence-based nutrition to help you thrive through perimenopause, menopause and beyond.



### Registered Associate Nutritionist Lucy Jones

Lucy is driven by the idea of 'positive nutrition' where she focuses on the benefits of food and nutrition to health and wellbeing. Her knowledge of perimenopause and menopause enables her to offer dietary and lifestyle advice which can enhance and empower women during this stage of life. Not only this, but Lucy loves to regularly talk all things gut health, fibre and toilet habits - no topic is too taboo for Lucy.

