



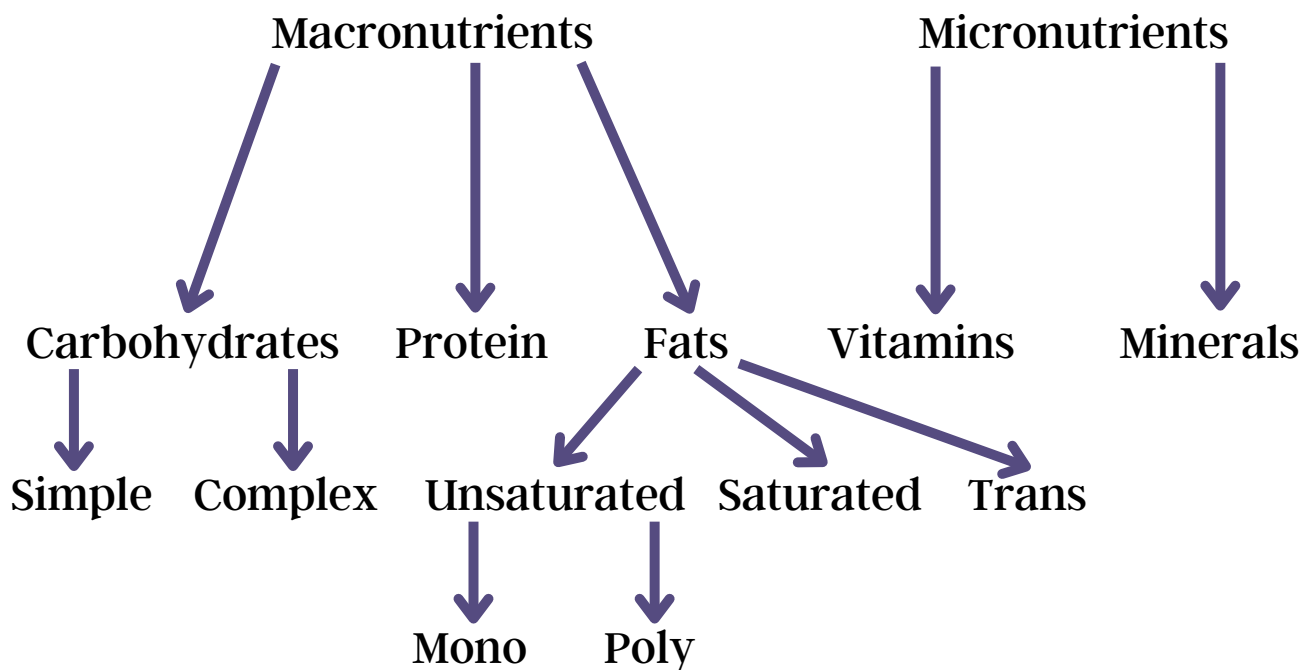
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Nine

# The Fundamentals of Good Nutrition for Menopause

## Aims

- To learn the basic principles of good nutrition for menopause



## Carbohydrates

- Contain 4kcal per gram
- Includes simple carbohydrates, such as sugar, and complex carbohydrates, such as starch and fibre
- Carbohydrates aren't just in your typical sources, such as pasta and bread. They're also found in milk, fruit, vegetables, jam and more.
- Carbohydrates should make up 50% of your total energy intake.





## Free Sugars

By definition, free sugars are monosaccharide and disaccharides (i.e. simple sugars) added to foods and drinks by manufacturers or at home, including sugars naturally occurring in honey, syrups and unsweetened fruit juices (SACN, 2015)

- Free sugars do not include milk sugars (lactose) or sugars found within cells of food (e.g. whole fruit)
- Free sugars should not make up more than 5% of your total energy intake.
- Adults should limit their intake to no more than 30g/day
- This type of sugar is linked to dental cavities



## Fibre

- Dietary fibre isn't digested in the small intestine. This means it moves into the large intestine, where gut bacteria ferment it.
- Fibre takes longer to digest, helping you feel fuller for longer.
- Each gram of fibre contains 2kcal.
- Fibre helps to bulk out and soften stools, which helps prevent constipation.
- Beta-glucans, a type of soluble fibre found in oats, helps reduce blood cholesterol levels.
- Fibre also helps reduce the risk of bowel cancer.
- Aim for 30g/day.
- You can find fibre in fruits, vegetables, wholegrains, beans, lentils, pulses, nuts and seeds.





# Protein

- Contains 4kcal per gram - this is the same as carbohydrates!
- Protein is made up of building blocks called amino acids.
- There are 20 amino acids, of which 8 are essential amino acids which can only be obtained through diet.
- Protein helps maintain and build muscle mass.



## Where Can You Find Protein?

- Complete protein sources contain all 8 essential amino acids.
- Animal-based protein sources are complete protein sources.
- Plant-based protein sources are usually incomplete protein sources, as at least 1 essential amino acid is missing. The exceptions to this rule are soya and quorn which contain all 8 essential amino acids.
- You can create complementary protein sources by combining incomplete protein sources to provide all 8 essential amino acids.

Animal-based Protein	Plant-based Protein
Red meat Poultry Fish Eggs Dairy (Yoghurt, milk and cheese)	Beans Pulses Lentils Tofu and Tempeh Nuts

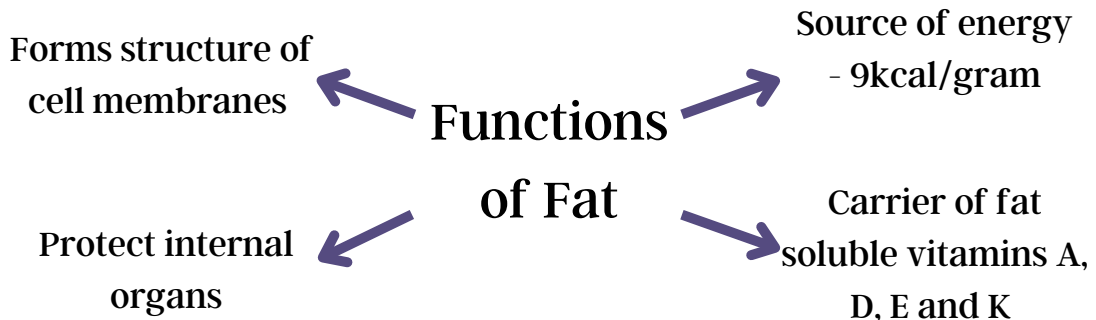
## How Much Protein Do You Need?

- You need 0.75g protein per kilogram of bodyweight.
- This is roughly 45g/day for a 60kg woman.
- Protein requirements do increase slightly with ageing.
- Aim to have ¼ of your plate as protein to meet your needs.
- The UK is consuming too much protein, meaning a deficiency is unlikely.



# Fat

- Contains 9kcal per gram - this is the most energy dense nutrient.
- Fats should make up no more than 35% of your total energy intake



## Saturated Fat

- Saturated fats should make up no more than 11% of your total energy intake
- Women should have no more than 20g/day.
- Saturated fat is found typically in animal-based products, such as meat and dairy, and a couple of plant-based sources, such as coconut oil and palm oil.
- This type of fat is linked to increasing levels of LDL cholesterol, which is the 'bad' cholesterol that increases the risk of heart disease.



Saturated Fats



Monounsaturated Fats



Polyunsaturated Fats

## Monounsaturated Fats

Maintains HDL cholesterol levels, which is the 'good' cholesterol, and reduces 'bad' LDL cholesterol. It can be found in:

- Olive oil
- Rapeseed oil
- Avocados
- Nuts, including almonds, Brazil nuts and peanuts

## Polyunsaturated Fats

Helps to reduce levels of 'bad' LDL cholesterol.

Omega 3 can be found in:

- Oily fish, including salmon, mackerel and sardines but NOT tuna
- Walnuts and walnut oil
- Flaxseed and chia seeds

Omega 6 can be found in:

- Rapeseed oil
- Sunflower oil
- Sunflower seeds



## Trans Fatty Acids

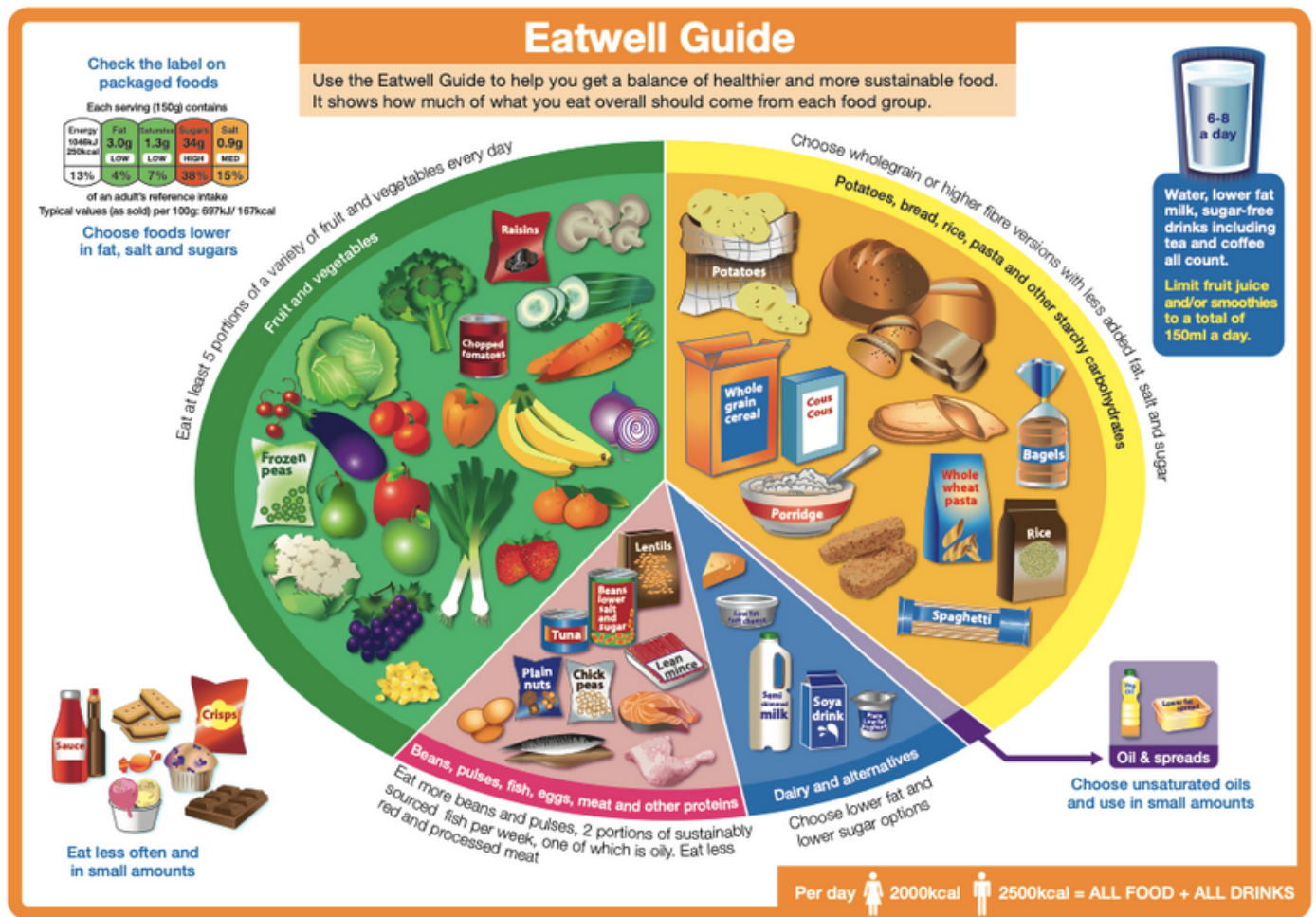
- Occur in very small amounts naturally in some foods, such as milk, beef and lamb.
- They can be produced artificially through hydrogenation. Hydrogenation turns liquid fats into solid fats.
- These 'artificial' trans fatty acids are bad for you because they have similar effects. However, unlike saturated fats, trans fatty acids also reduce levels of 'good' HDL cholesterol (saturated fat doesn't).
- Food sources include margarines, cakes, ice cream and fast food.
- Due to their bad reputation, manufacturers have started removing trans fatty acids from products, meaning the UK generally has an intake below the maximum recommendation.

## Cholesterol

- LDL cholesterol is known as the 'bad' type of cholesterol, because it causes the build of fatty deposits in the arteries. This process is known as atherosclerosis, which increases heart disease risk.
- HDL cholesterol is known as the 'good' type of cholesterol. It carries LDL cholesterol from the body to the liver for removal.
- Saturated fats increase LDL cholesterol levels.
- Dietary cholesterol has only a small influence on blood cholesterol levels, compared to saturated fats which have a much greater role.



# The Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## In Short...

- Aim for your 5-a-day for fruit and vegetables.
- Base your meals around starchy carbohydrates.
- Include some dairy and dairy alternatives (opt for lower fat, sugar and salt options).
- Include beans, pulses, fish, eggs, meat and other proteins.
- Choose unsaturated oils and spreads in small quantities.
- Drink 6-8 glasses per day.

## Potatoes, Bread, Rice, Pasta and Other Starchy Carbohydrates

- These foods should make up one-third of your diet.
- Base your meals on these foods.
- Opt for high fibre and wholegrain choices - e.g. wholewheat pasta, brown rice and potato skins.
- Choose low-fat cooking methods. For example, bake potatoes instead of frying them.





## Fruits and Vegetables

- These foods should make up one-third of your diet.
- Aim for a minimum of 5 each day.
- These foods are great sources of fibre, vitamins, minerals and antioxidants.
- Choose seasonal produce where possible.
- Opt for fresh, frozen or canned - they're all good choices.
- If choosing canned, opt for fruit in juice rather than syrup and vegetables in unsalted water.
- Keep dried fruit and fruit juice/smoothies to mealtimes.
- Eat a rainbow of colours.

One portion includes:

- 80g fruit/vegetables
- 30g dried fruit
- 150ml fruit juice (1 portion maximum)

## Antioxidants

- You're surrounded by free radicals, which can cause damage to body cells, including damaging DNA.
- Free radicals are destructive because one of their building blocks (otherwise known as an electron) is missing. Antioxidants have an electron to spare and donate this to the free radical. This helps stabilise free radicals.
- Antioxidants help reduce the damage caused by free radicals.
- Antioxidants can be found in fruits and vegetables, which is why your 5-a-day is important.

## Organic vs Non-organic

Organic	Non-organic
Limited pesticide use	Controlled pesticide use
Cannot be fortified with nutrients	Potential to be fortified with nutrients
No guarantee of carbon footprint	Can find local produce more easily
Not nutritionally superior to non-organic	Not nutritionally inferior to organic

## Dairy and Alternatives

- Dairy provides protein, vitamins and minerals - particularly calcium.
- Choosing lower-fat options, such as semi-skimmed milk, provides more calcium than full-fat choices.
- When choosing dairy alternatives, look for those that are unsweetened and fortified with calcium, vitamin B12, vitamin D and iodine.

## Beans, Pulses, Fish, Eggs, Meat and Other Proteins

- These foods provide protein, vitamins and minerals.
- Beans and pulses are low in fat and high in fibre and protein. 80g of beans and pulses counts as one of your 5-a-day - but only a maximum of one portion.
- Aim to eat fish twice a week, with one portion being oily fish.
- Choose lean meats or remove visible fat when cooking.
- Opt for low-fat cooking methods, such as grilling, shallow frying or poaching.
- Limit processed meats, such as sausages, bacon and ham, to no more than 70g/day.



## Oils and Spreads

- These foods should make up a very small part of your diet.
- Opt for unsaturated fats where possible. These are usually oils.
- Limit saturated fats, such as butter. You could choose to use low-fat spreads instead of butter.
- Choose low-fat cooking methods that limit the use of oils and fats.

## Foods High in Fat, Salt and Sugar

- These foods should make up a very small part of your diet. They're still okay to include, but moderation is important.
- Check nutrition labels and traffic light labels to help aid healthier choices.

## Fluids

- Aim for 6-8 glasses of fluid each day.
- This could include water, semi-skimmed or skimmed milk, tea, coffee and low-sugar drinks.
- Limit fruit juices and smoothies to 150ml/day due to their high free sugar content.
- Limit fizzy and sugary drinks.
- Limit alcohol to no more than 14 units/week, spread over at least 3 days.



# Micronutrients

## Calcium

### Recommendations

- 700-1200mg/day

### Functions

- Build strong bones and teeth
- Muscle contractions
- Aids blood clotting

### Sources

- Dairy
- Green leafy veg, such as kale
- Fortified dairy alternatives
- Fish with bones, such as sardines and pilchards

## Iron

### Recommendations

- Women aged 19-50: 14.8mg/day
- Women aged 50+: 8.7mg/day

### Functions

- Production of haemoglobin in red blood cells

### Sources

- Liver and red meat
- Green leafy veg, such as spinach
- Dried fruits
- Nuts, such as almonds, Brazil nuts and cashews
- Chickpeas

## Iodine

### Recommendations

- 140ug/day

### Functions

- Help make thyroid hormones
- Aid metabolism

### Sources

- Cow's milk
- Seaweed
- Fish

## Vitamin D

### Recommendations

- 10ug/day

### Functions

- Aids calcium absorption
- Supports immune function
- Support bones and muscle health

### Sources

- Sunlight (used to produce vitamin D in your skin)
- Fortified fat spreads
- Oily fish
- Egg yolks
- Supplements

## Sodium

### Recommendations

- 2.4g/day

### Functions

- Helps control balance of body fluid levels
- Linked to blood pressure

### Sources

- Salt
- Processed meats
- Cheese
- Bread

## Potassium

### Recommendations

- 3500mg/day

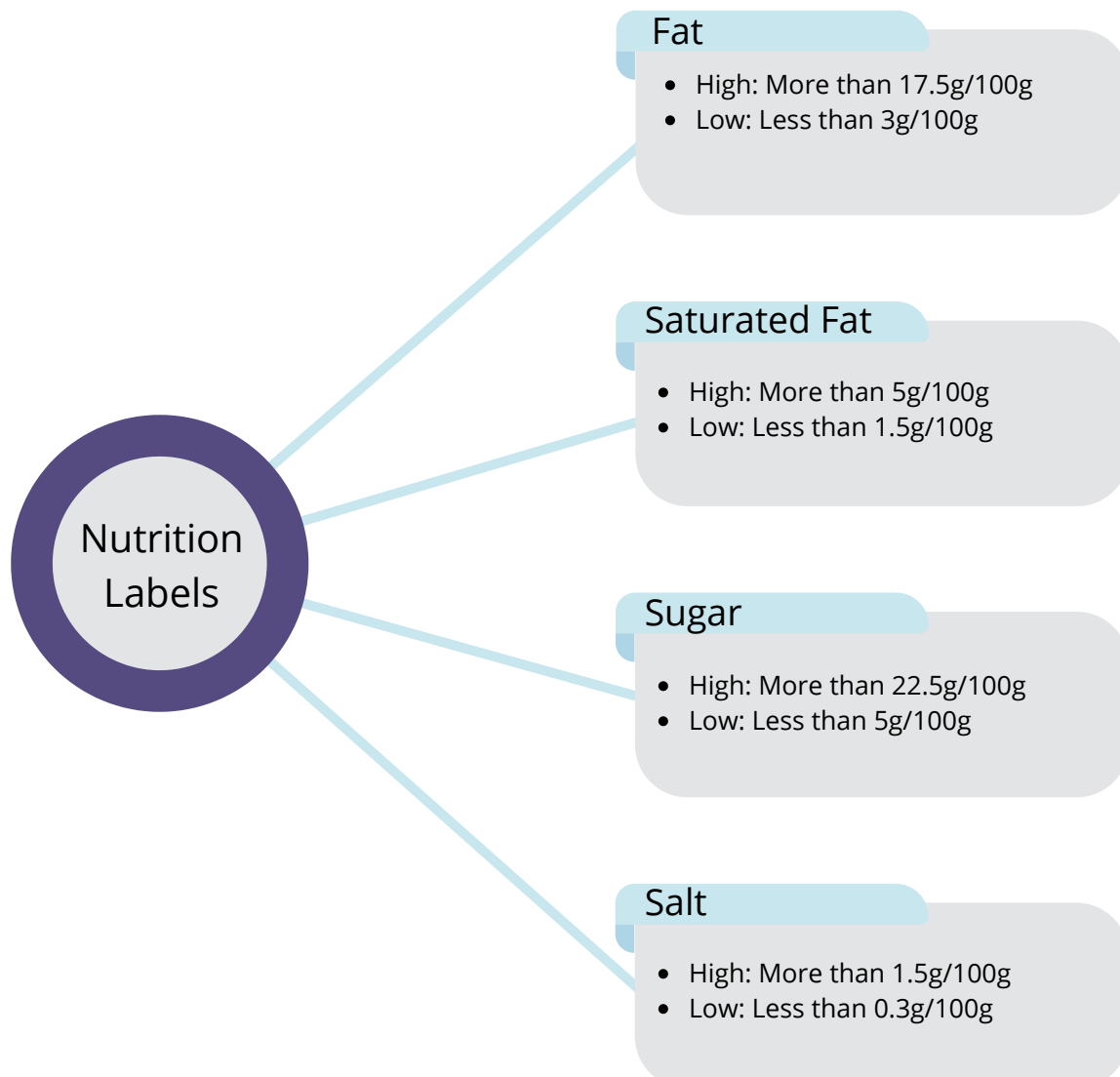
### Functions

- Helps control balance of body fluid levels
- Aids heart muscle function

### Sources

- Bananas
- Vegetables, including broccoli and spinach
- Fish, meat and poultry
- Potatoes

## Nutrition Labels





## Supplements

The dietary guidance we provide in Back to Basics has been developed to help you achieve your nutritional requirements from the food you eat. In some cases, where there is a clinical need, you might need to supplement your diet. For example, people with anaemia might take Iron supplements.

For the vast majority of people, who eat well, there's no need to take nutritional supplements. Some people like to take a general multivitamin and mineral supplement as an insurance against days when they might not eat as well as they'd like. This is perfectly fine.

It's also sensible to consider taking a daily vitamin D supplement containing 5-10ug.

If you know you don't consume a food which is the main source of a particular nutrient you may decide to take a supplement. For example, Oily fish is the best source of omega-3 fatty acids.

Apart from the sorts of cases outlined, there is no evidence to suggest that taking other nutritional supplements is beneficial. In some cases, taking high doses of individual nutrient supplements may even be harmful.

Many people report taking a supplement has helped relieve their menopause symptoms. This is great, but it's anecdotal reporting and cannot be taken as public health information. If you want to try taking a single dose supplement of a nutrient it's advisable to check with your healthcare provider.



Exercise and

# Menopause: The Basics

# Exercise and Menopause: The Basics

There are so many physiological changes that can affect your exercise routine, and one of the biggest is menopause. However, exercise is essential at every life stage, and perimenopause and menopause are no exception. While you might need to alter your training to suit your specific needs, there's absolutely no need to stop if you're in good health.

Likewise, if you're completely new to exercise, don't let menopause put you off getting going. Even moderate activity can help bring about health benefits that can help ease some menopausal symptoms. The key is to start slowly and not do too much too soon.

## What exercise should I be doing?

Regardless of your fitness level, exercise in your 40s and beyond is different than it was in your 20s. Physical changes, such as a slower metabolism, hormonal changes, and the higher risk of developing cardiac and bone issues, all make it important to do things differently.

Menopause can come with a whole raft of symptoms, some of which can make working out a challenge. It can make you feel exhausted, so the last thing you want to do is be active. Weight gain, depression, and anxiety can also make it harder to find the motivation to hit the gym.

That said, continuing to work out during menopause is one of the best things you can do for your body, your mind, and your overall health. In fact, not only will it help improve your menopausal transition, it can benefit your general wellbeing.

- It's one of the best stress management tools.
- It helps balance moods.
- It can help reduce the quantity and intensity of hot flushes.
- Oestrogen supports the pathways that regulate insulin and blood glucose, and with the reduction of oestrogen comes an increased risk of Type 2 diabetes. Exercise helps reduce this risk as the more muscle mass you have, the more insulin receptors you have on your muscles. This means your body can better regulate sugars.
- It can improve your physical appearance, boosting confidence.
- It helps maintain bone mass and help remineralise existing bone, reducing your risk of osteoporosis. It can also strengthen surrounding cartilage, ligaments, and muscles.
- It strengthens your heart muscles.



- It can help improve your quality and quantity of sleep, though be mindful not to impact your sleep routine.
- It can stimulate digestion and reduce constipation.
- Finally, it can increase your sex drive!

when you hear the word exercise, you might envisage hours at the gym lifting weights. It doesn't have to be, a brisk walk is equally beneficial. Be realistic about your abilities and set workout goals that you can achieve without giving up on them altogether.

## 6 Areas Your Exercise Should Cover

### Pelvic Health

We need a strong pelvic floor so that we can stay fit and independent for as long as possible, and the good news is that it's never too late to start pelvic floor exercises. If you detect any pelvic floor changes whatsoever talk to your GP or book in with a Women's Health Physio. Don't wait the 7 years it typically takes for women to mention that they're leaking or in pain. You might like to download the NHS recommended Squeezy App to help remember your exercises daily.

### Cardiac Health

The biggest killer of midlife women is coronary heart disease, so if you're not already rocking aerobic exercise on a regular basis, now is a great time to start. As well as building up the heart muscle by getting it to pump faster, research has shown this kind of exercise can improve anxiety and depression due to increased blood flow and the creation of endorphins, the brain chemicals that are related to happiness. So, if you aren't already moving, try jogging, swimming, cycling, walking, gardening, or dancing for at least 10 minutes and see if your mood improves. Aim to build up to half an hour.

It's also critical to keep our metabolisms working efficiently, because accumulating visceral fat will increase the risk of cardiovascular disease. Not only is cardiovascular exercise great for weight management, but it also delivers a potent rush of endorphins, which can be super helpful in fighting menopause-related depression or anxiety.



## Strength Training

Yes, we said that exercise is not only about lifting weights at the gym. But for midlife women, strength training is also the best way to build muscle and slow bone loss. Why? Because menopause sees a lowering of oestrogen within the body, which contributes to lower bone density. As you age, your risk of breaking a bone therefore increases.

Weight-bearing exercise such as running improves bone density and makes your bones stronger, an important factor in staving off osteoporosis, something that increases at menopause.

Adding other weight-bearing activities to your exercise routine, such as resistance training with weights (particularly heavy weights) or regular yoga are also good activities to help minimise loss of bone density. Minimal impact exercise, such as fast walking, elliptical, and stair stepping machines, not only build muscle and endurance but also build the amount and thickness of the bone. Resistance training also preserves and increases muscle mass, which is lost at a faster rate as you go through menopause.



## Balance and co-ordination

As you get older, sense of balance can decline, increasing your risk of a fall. And, as your bones are not as strong as they once were, there is more chance of breaking a limb if you fall. It's important to do exercises that improve your stability and sense of balance.

## Stretching and mobility

As we age our bodies get stiffer, but by far the worst thing you can do is stop moving. We need to keep on moving through large ranges of movement, in lots of different directions, as smoothly as we can - but always pain free. If you've always thought you weren't flexible enough for yoga, think again. We offer classes for complete beginners which will gently guide you through improving your flexibility and muscle strength, reduce stress, improve sleep and chronic pain, and promote respiratory and heart health. Yoga also acts as a great relaxation technique, which is why it works so well for easing many symptoms of menopause.

## Breathing

Are you breathing in a way that will help protect and strengthen your pelvic floor? Or keep you mobile and reduce tension and stress? Doing just a few minutes of purposeful breathing is so powerful to your overall health.

## The bottom line

As we're all going to live for such a long time – a third of our lives is from menopause, it's well worth spending the time on our bodies now. Statistics from Women in Sport show that just under a third of women drop off from physical activity during menopause. Don't be one of them.

As with most things, being active and moving more should make you feel good; it should be something you look forward to. That's why I'd really encourage you to get out there and try new ways to challenge your body and see what you enjoy.

Start from where you are now. Recruit a friend, family member or fellow Harley Street at Home member to join you and keep you accountable. Book in times and days to exercise. Yes, you need to move every day, but you don't need to work out every day. You might go for a walk every day and 3-4 days a week include a class or a weights session, swim, or bike ride.

And remember, rest is just as important, so listen to your body and learn how to identify when you need to relax and recuperate.

- How do you feel about exercise?
- What about if you start focusing more on movement?
- Which kinds of activity do you do presently?
- Which need more work?

Share in the Facebook group!