

MENOPAUSE & MIDLIFE

5 foods to prioritise through menopause

As oestrogen declines, the body asks for a little more support — for bones, heart, muscle and mood. These five everyday foods earn their place on the plate. Think of them as additions to build meals around, not another list of rules.

1



Oily fish — salmon, mackerel, sardines

Rich in **omega-3s** that support heart health and mood, plus **vitamin D** for calcium absorption. Heart-disease risk rises after menopause, so these fats matter more than ever.

2 PORTIONS A WEEK

2



Soya foods — edamame, tofu, tempeh

Contain **isoflavones** (natural plant oestrogens) that **may ease hot flushes** for some women, alongside high-quality plant protein to help protect muscle.

DAILY IF IT SUITS YOU

3



Calcium-rich foods — yoghurt, milk, fortified alternatives

Falling oestrogen speeds up **bone loss**, raising osteoporosis risk. Aim for calcium at most meals — dairy, fortified plant milks, tinned fish with bones or leafy greens.

3 SERVINGS A DAY

4



Cruciferous & leafy greens — broccoli, kale, rocket

Deliver **fibre, calcium and phytonutrients** that support gut health and help the body process hormones. High volume, low calorie — ideal as metabolism shifts.

HALF YOUR PLATE

5



Wholegrains & legumes — oats, quinoa, beans, lentils

Slow-release carbs and fibre keep blood sugar and energy steady, support heart health and keep you fuller — helpful for managing midlife weight changes.

SWAP IN FOR REFINED CARBS

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One to add: ground flaxseed

A tablespoon of **ground flaxseed** stirred into porridge or yoghurt adds lignans (plant oestrogens), omega-3 and fibre — small effort, three wins at once.