

# *Hello Menopause...*

# CHECKLIST

## Diet

- 5+ Servings of vegetables or fruit a day
- Choose wholegrain varieties
- 2 portions of fish per week (1 oily)
- Dairy or fortified dairy alternatives
- Handful of nuts/seeds most days
- Cook with olive or seed oils
- Increase plant-based proteins
- Reduce intake of red and processed meat

## Supplements

- 10 µg daily vitamin D supplement
  - Daily omega-3 supplement
- Speak to GP
- B12 (especially vegans/vegetarians)
  - Calcium

## Diet

- Sources of isoflavones e.g. soybeans
- Sources of lignans e.g. linseeds
- Limit spicy food if it's a trigger
- Reduce saturated fat, salt and sugar



## Other

- Limit alcohol consumption if it's a trigger
- Quit Smoking
- Achieve/maintain a healthy bodyweight
- Limit caffeine if it's a trigger
- 150 min of moderate aerobic activity or
- 75 min of vigorous aerobic activity
- At least 2 strengthening activities
- At least 6 - 8 glasses of fluid a day