

## Discover How Healthy Eating Affects Symptoms

### Description

During midlife, women experience a hormonal roller coaster, but adopting a good menopause diet can help manage this transition. According to Maya Feller, MS, RD, CDN, a member of the MyFitnessPal Scientific Advisory Council, a woman's eating pattern, especially during menopause, can impact hormones significantly.

Menopause, marked by the absence of a menstrual period for one year, typically occurs around age 51. However, symptoms may start earlier during perimenopause, which can begin in the mid-30s, bringing about hot flashes, mood swings, and low energy due to a decrease in estrogen levels affecting bones, muscle mass, and metabolism.

In addition to weight gain, menopause can lead to shifts in blood pressure, blood sugar, and lipid profiles, increasing the risk of heart disease and osteoporosis. Making dietary improvements during perimenopause and menopause can protect overall health.

### What To Eat During Menopause for Weight and Health

Fruits, vegetables, calcium-rich foods, proteins, oily fish, beans, soy, and unsaturated fats are recommended for menopausal women. These foods help manage weight, support heart health, and reduce inflammation.

### Foods To Limit or Avoid During Menopause

Limited consumption of fatty/processed meats, refined grains, added sugars, alcohol, caffeine, and spicy foods is advised to reduce heart disease risk and manage symptoms.

### Menopause Diet FAQs

Recommended dietary patterns vary, emphasizing whole, minimally processed foods. Regular physical activity and stress-reduction practices can also help manage symptoms. While intermittent fasting may aid weight loss and improve insulin sensitivity, consulting a healthcare provider is recommended.

### The Bottom Line: Improving Well-Being During Menopause Through Diet

Individualized approaches to nutrition, physical activity, and stress management are crucial during menopause. Embracing changes with kindness and understanding, focusing on what makes you feel best, and utilizing tools like the MyFitnessPal app for tracking nutrition and exercise can support a healthy transition through menopause and beyond.

## Vocabulary List:

1. **Menopause** /'mənə,pəz/ (noun): The time in a woman's life when her periods stop permanently.
2. **Perimenopause** /,pərɪ'mənə,pəz/ (noun): The transition period leading up to menopause.
3. **Osteoporosis** /,əstɪəpə'rəʊsɪs/ (noun): A disease that weakens bones making them fragile and more likely to fracture.
4. **Inflammation** /,ɪnflə'meɪʃən/ (noun): A bodily response to injury or infection that can cause redness heat and swelling.
5. **Sensitivity** /,sənsɪ'tɪvɪtɪ/ (noun): The quality of being sensitive particularly in relation to physical or emotional responsiveness.
6. **Metabolism** /mə'tæbə,lɪzəm/ (noun): The chemical processes that occur within a living organism to maintain life.

## Comprehension Questions

### Multiple Choice

1. What is one of the common symptoms associated with menopause?

- Option: Hot flashes
- Option: Coughing
- Option: Broken bones
- Option: Vision problems

2. Which of the following is recommended for menopausal women to help manage weight and support heart health?

- Option: Salt-rich foods
- Option: Proteins
- Option: Sugary snacks
- Option: Processed meats

3. Why is it advised to limit consumption of fatty/processed meats during menopause?

- Option: To increase heart disease risk
- Option: To reduce inflammation
- Option: To improve bone health
- Option: To promote weight gain

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4. What type of foods are recommended to reduce heart disease risk during menopause?

- Option: Sugary foods
- Option: Unsaturated fats
- Option: Spicy foods
- Option: Processed grains

5. How can intermittent fasting potentially benefit menopausal women?

- Option: Increase heart disease risk
- Option: Improve insulin sensitivity
- Option: Cause weight gain
- Option: Aggravate hot flashes

6. What tool is recommended for tracking nutrition and exercise to support well-being during menopause?

- Option: Cookbook
- Option: MyFitnessPal app
- Option: Weight scale
- Option: Fitness tracker bracelet

## Answer

**Multiple Choice:** 1. Hot flashes 2. Proteins 3. To reduce inflammation 4. Unsaturated fats 5. Improve insulin sensitivity 6. MyFitnessPal app

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What term refers to the measurement of energy in food?

- Option: Metabolism
- Option: Caloric
- Option: Inflammation
- Option: Sensitivity

2. Which hormone is key in the preparation of the uterus for implantation of a fertilized egg?

- Option: Progesterone
- Option: Therapeutic
- Option: Bioenergetic
- Option: Neurotransmitter

3. Which condition is characterized by a decrease in bone density and quality?

- Option: Intoxication
- Option: Osteoporosis
- Option: Perimenopause
- Option: Hypersomnia

4. Which nutrient category includes carbohydrates proteins and fats?

- Option: Bioenergetic
- Option: Macronutrient
- Option: Complications
- Option: Efficacy

5. Which route of administration involves absorption through the mucous membranes?

- Option: Adherence
- Option: Transmucosal
- Option: Absorption
- Option: Inflammation

6. Which type of hormone therapy uses hormones that are structurally identical to those produced by the human body?

- Option: Facilitate
- Option: Therapeutic
- Option: Bioidentical
- Option: Complications

7. What term refers to the chemical processes that occur within a living organism to maintain life?

- Option: Efficacy
- Option: Metabolism
- Option: Inflammation
- Option: Macronutrient

8. Which process is the body's response to injury or infection characterized by redness and swelling?

- Option: Sedentary
- Option: Intoxication
- Option: Inflammation
- Option: Sensitivity

9. What disorder is characterized by excessive daytime sleepiness?

- Option: Perimenopause
- Option: Bioenergetic
- Option: Hypersomnia
- Option: Sensitivity

10. Which is the process of providing or obtaining the food necessary for health and growth?

- Option: Controversial
- Option: Nutrition
- Option: Complications
- Option: Efficacy

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Caloric \_\_\_\_\_ must be controlled to achieve a caloric deficit for weight loss.

12. Transmucosal \_\_\_\_\_ can provide a rapid onset of action.

13. Female hormone levels change during \_\_\_\_\_ leading to symptoms like hot flashes.

14. Appropriate macronutrient \_\_\_\_\_ is essential for a balanced diet.

15. Medication \_\_\_\_\_ is crucial for treatment success.

16. The \_\_\_\_\_ of a treatment is a measure of its effectiveness.

17. Proper \_\_\_\_\_ between bioidentical and synthetic hormones is important for patients.

18. Individual \_\_\_\_\_ to certain foods can vary widely.

19. A balanced diet can \_\_\_\_\_ overall health and well-being.

20. Understanding the \_\_\_\_\_ of proper nutrition is essential for maintaining health.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Living a lifestyle can have negative effects on overall health.

22. A caloric occurs when energy expenditure exceeds caloric intake.

23. hormones are chemically identical to those the body produces.

24. The phase before can bring hormonal fluctuations and irregular periods.

25. are chemical messengers that transmit signals in the brain.

26. interventions are aimed at treating a disease or disorder.
27. The process of nutrients occurs in the digestive system.
28. If not managed properly hormone therapy can lead to .
29. The use of certain supplements in sports is due to varying opinions on their effectiveness.
30. Assessing the effects of nutrients helps understand their impact on the body.

## Answer

**Multiple Choice:** 1. Caloric 2. Progesterone 3. Osteoporosis 4. Macronutrient 5. Transmucosal 6. Bioidentical 7. Metabolism 8. Inflammation 9. Hypersomnia 10. Nutrition

**Gap-Fill:** 11. intake 12. administration 13. menopause 14. consumption 15. adherence 16. efficacy 17. distinction 18. sensitivity 19. facilitate 20. significance

**Matching sentence:** 1. Sedentary 2. Deficit 3. Bioidentical 4. Perimenopause 5. Neurotransmitter 6. Therapeutic 7. Absorption 8. Complications 9. Controversial 10. Bioenergetic

## CATEGORY

1. Health - LEVEL5

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