



Nutrition's Influence on Symptoms: Vital Insights for Wellness

Description

During menopause, women go through hormonal changes. A good menopause diet can help manage these changes. What you eat can affect your hormones, says Maya Feller, a nutritionist.

Menopause happens around age 51, but symptoms may start earlier during perimenopause. Hot flashes, mood swings, and low energy are common symptoms. These changes are caused by a drop in estrogen, affecting bones, muscles, and metabolism.

Weight gain is also common during menopause. It's important for women to understand that their bodies are still good. Eating fruits, vegetables, calcium-rich foods, protein, oily fish, beans, and unsaturated fats can help manage symptoms and protect health.

Avoid fatty meats, refined grains, added sugars, alcohol, caffeine, and spicy foods. Physical activity, stress reduction, and intermittent fasting can also help manage symptoms. MyFitnessPal app can assist with tracking nutrition and exercise goals.

Focus on taking care of your body with kindness and understanding during menopause.

Vocabulary List:

1. **Menopause** /'mɛn.ə.pɔːz/ (noun): The time in a woman's life when her menstrual periods stop permanently.
2. **Perimenopause** /,pɛr.ɪ'mɛn.ə.pɔːz/ (noun): The transitional period leading up to menopause characterized by hormonal changes.
3. **Hormonal** /hɔːr'moʊ.nəl/ (adjective): Relating to hormones or the hormones in the body.
4. **Metabolism** /mə'tæb.ə.lɪ.zəm/ (noun): The chemical processes that occur within a living organism in order to maintain life.
5. **Unsaturated** /ʌn'sætj.ə.reɪ.tɪd/ (adjective): Not having the maximum number of hydrogen atoms possible; often refers to fats.
6. **Nutrition** /nju:'trɪʃ.ən/ (noun): The process of taking in food and using it for growth metabolism and repair.

Comprehension Questions

Multiple Choice



1. What can help manage hormonal changes during menopause according to Maya Feller?
 - Option: Regular exercise
 - Option: A good diet
 - Option: Medication
 - Option: Supplements

2. What may be an early symptom of menopause?
 - Option: Joint pain
 - Option: Hot flashes
 - Option: Migraines
 - Option: Memory loss

3. Which of the following is NOT a recommended food to help manage menopause symptoms?
 - Option: Fruits
 - Option: Oily fish
 - Option: Fatty meats
 - Option: Beans

4. What is suggested to avoid during menopause to help manage symptoms?
 - Option: Physical activity
 - Option: Added sugars
 - Option: Calcium-rich foods
 - Option: Unsaturated fats

5. Which activity is mentioned to help manage menopause symptoms?
 - Option: Intermittent fasting
 - Option: Eating spicy foods
 - Option: Consuming caffeine
 - Option: Avoiding stress

6. What can assist with tracking nutrition and exercise goals during menopause?
 - Option: Fitbit
 - Option: Apple Watch
 - Option: MyFitnessPal app
 - Option: Google Fit

True-False



7. Menopause occurs around age 51 for all women.
8. Weight gain is not a common occurrence during menopause.
9. Physical activity can help manage menopause symptoms.
10. Avoiding stress is not important during menopause
11. Eating fatty meats is recommended for managing menopause symptoms.
12. A good menopause diet can affect hormonal changes.

Gap-Fill

13. Menopause typically happens around age _____, but symptoms may start earlier during perimenopause.
14. Hot flashes, mood swings, and low energy are common symptoms of menopause caused by a drop in _____.
15. It is important for women to understand that their bodies are still _____ during menopause.
16. Eating fruits, vegetables, calcium-rich foods, protein, oily fish, beans, and unsaturated fats can help manage symptoms and protect _____.
17. Physical activity, stress reduction, and _____ can help manage menopause symptoms.
18. Focus on taking care of your body with _____ and understanding during menopause.

Answer

Multiple Choice: 1. A good diet 2. Hot flashes 3. Fatty meats 4. Added sugars 5. Intermittent fasting 6. MyFitnessPal app

True-False: 7. False



8. False 9. True 10. False 11. False 12. True

Gap-Fill: 13. 51 14. estrogen 15. good 16. health 17. intermittent fasting 18. kindness

Vocabulary quizzes

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

1. Which substances are important for maintaining proper fluid balance in the body?
Option: A. Proteins
Option: B. Electrolytes
Option: C. Carbohydrates
Option: D. Vitamins
2. What is a common mental health condition characterized by persistent sadness and loss of interest?
Option: A. Anxiety
Option: B. Depression
Option: C. Schizophrenia
Option: D. Bipolar disorder
3. What refers to the process by which your body converts what you eat and drink into energy?
Option: A. Respiration
Option: B. Metabolism
Option: C. Circulation
Option: D. Digestion
4. Which mineral helps in maintaining proper heart function and muscle contraction?
Option: A. Calcium
Option: B. Potassium
Option: C. Iron
Option: D. Magnesium
5. What term is used to describe the practice of taking multiple medications simultaneously?
Option: A. Monotherapy
Option: B. Polypharmacy
Option: C. Oligotherapy
Option: D. Homeopathy
6. Which type of fats are considered heart-healthy and are usually liquid at room temperature?
Option: A. Saturated
Option: B. Unsaturated
Option: C. Trans



Option: D. Hydrogenated

7. What stage in a woman's life marks the end of her menstrual cycles?

- Option: A. Adolescence
- Option: B. Menopause
- Option: C. Puberty
- Option: D. Fertility

8. What treatment approach involves talking to a trained therapist to develop coping strategies and solutions?

- Option: A. Medication
- Option: B. Surgery
- Option: C. Therapy
- Option: D. Acupuncture

9. Which medications are commonly prescribed to help manage symptoms of depression?

- Option: A. Painkillers
- Option: B. Antibiotics
- Option: C. Antidepressants
- Option: D. Antihistamines

10. What essential nutrients are needed for various bodily functions and processes?

- Option: A. Sugar
- Option: B. Minerals
- Option: C. Fiber
- Option: D. Preservatives

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

- 11. It is important to stay _____ by drinking an adequate amount of water daily.
- 12. The number of _____ in a food item indicates its energy content.
- 13. After a workout a cold drink can provide a sense of _____ and energy.
- 14. Individuals can obtain a professional _____ to demonstrate their expertise in a specific field.
- 15. Government agencies provide _____ to ensure businesses comply with regulations.



16. The _____ for the new product featured catchy jingles and bright colors.
17. She became an _____ for animal rights and conservation efforts.
18. It is important to _____ your sleep schedule to ensure proper rest.
19. The legal team found a _____ in the contract that allowed for early termination.
20. A balanced diet is crucial for overall health and proper _____ of the body.

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

21. Consulting with _____ in the field can provide valuable insights and guidance.
22. Medications often come with _____ about potential side effects and risks.
23. Different medical conditions require _____ specific to manage symptoms effectively.
24. _____ drugs are used to treat mental health disorders like schizophrenia and bipolar disorder.
25. _____ is a serious mood disorder that can impact all aspects of a person's life.
26. Before starting a new medication it's important to be aware of the potential _____ it may cause.
27. When trying a new activity it's wise to be _____ and start slowly to avoid injuries.
28. Scammers often use deceptive tactics to commit financial _____ and cheat people out of money.
29. _____ is the transitional phase before menopause where hormone levels fluctuate.
30. Changes in a person's _____ balance can influence mood appetite and energy levels.

Answer

Multiple Choice: 1. B. Electrolytes 2. B. Depression 3. B. Metabolism 4. B. Potassium 5. B. Polypharmacy 6. B. Unsaturated 7. B. Menopause 8. C. Therapy 9. C. Antidepressants 10. B. Minerals

Gap-Fill: 11. hydrated 12. calories 13. refreshment 14. certification 15. oversight 16. commercial 17. advocate 18. regulate 19. loophole 20. nutrition

Matching sentence: 1. experts 2. warnings 3. treatments 4. psychotropic 5. depression 6. side effects 7. cautious 8. fraud 9. perimenopause 10. hormonal



CATEGORY

1. Health - LEVEL1

Date Created

2024/10/02

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