

HEALTHY EATING DR

fact not fiction

I'm delighted you downloaded my fridge planner and nutrient checklist to use while you are going through the menopause.

I created this planner and check list to help give you a general frame work for nutritional needs. Many women find this a challenging time, and eating healthily might not be top of your list of priorities. So the checklist was designed to help remind and guide you.

The Planner

How you use the planner is entirely up to you, but I suggest writing out the name of your meals for the week, adding items you need to the shopping list, enabling you to be more organised. I recommend that you consider batch cooking, which can help reduce the pressure of daily cooking and food preparation.

The Checklist

On page 3 is the meal planner and checklist combined. I'd suggest ticking off the checklist through the day to ensure that you are supporting your nutrient needs. If you would rather a simpler version without the planner, use page 4 as a weekly check instead. To make it as easy as possible, I've used average portion sizes so there shouldn't be any need to weigh your food.

If you are on blood thinning medication, avoid taking vitamin K supplements.

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How to Use

I recommend that you print this document A4 size, and then stick it to your fridge or noticeboard. For greater sustainability you could laminate or pop it in a poly pocket and wipe clean after use.

I created this planner and check list to help give you a general frame work for nutritional needs. However, this can't take the place of personalised nutrition advice, tailored to your individual health needs. If you have any specific health concerns or food allergies, you could take this along to discuss with your health care provider.

About Me

Hi I'm Dr Harriet Holme, a Registered Nutritionist, specialising in nutrition science and evidence based nutrition. I studied medicine at the University of Cambridge and worked for over a decade as a paediatric doctor in the NHS. I completed a PhD in genetics from University College London before becoming a Registered Nutritionist with the Association of Nutrition. I now use these uniquely developed skills for the benefit of my clients and students, consulting as a Registered Nutritionist and lecturing in culinary science and nutrition.

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Menopause

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping List
Breakfast								
Lunch								
Dinner								
5 fruit/veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2 portions/ wk oily fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
reduce saturated fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10mcg vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1200mg calcium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
physical exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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□ Calcium

To ensure you are eating 1200mg of calcium a day include these calcium rich foods:

- 100ml cow's milk (1/2 cup) ~ 125mg
- 100ml fortified oat milk ~120mg
- 100ml fortified nut milks ~120mg
- 100ml The Mighty pea mylk ~186mg
- 100ml fortified coconut milk ~120mg
- matchbox size piece of cheese ~220mg
- 120mg yoghurt ~200mg
- 100mls (1/2 cup) fortified orange juice ~120mg
- 1 slice calcium fortified bread ~190mg
- 1/2 tin sardines (with bones) ~260mg
- 50g (small portion) whitebait ~430mg
- 6 pieces of scampi (90g) ~190mg
- 2 slices wholemeal bread ~54mg
- 2 slices white bread ~100mg
- 1 pitta bread ~60mg
- 1 medium orange ~75mg
- 85mg boiled broccoli (2 spears) ~34mg
- 75mg spring greens ~55mg

Phytoestrogens

There is weak evidence that plant based oestrogens a few times a day, may help menopausal symptoms like hot flushes for some women. These might be worth a try for you:

- soya beans
- sesame seeds
- flaxseeds
- berries
- garlic

□ Vitamin D

To ensure you are eating 10mcg (400IU) vitamin D a day include these foods or consider taking a supplement:

- 100g salmon ~10-18mcg
- 100g canned tuna ~5-6mcg
- 250mls (1 cup) whole cow's milk ~3mcg
- 1 egg ~1mcg

□ Fibre

To ensure you are eating 30g fibre a day include these fibre rich foods:

- 2 slices wholemeal bread ~5g
- 150g wholemeal spaghetti ~5g
- 50g porridge ~5g
- medium baked potato ~5g
- 80g raspberries ~2.5g
- apple ~2g
- banana 2g
- 100g (3 spears) broccoli boiled ~2.3g
- 100g boiled carrots ~2.5g
- 30g almonds ~2g
- 100g chickpeas ~4-5g
- 100g boiled peas ~4.5g
- 80g baked beans (in tomato sauce) ~3g

□ Bone Health

Diet (including vitamin D and calcium) and exercise play a big role in bone health. Aim for:

- high quality protein at every meal
- resistance training such as walking, yoga or pilates
- foods rich in vitamin K
 - turnip
 - broccoli
 - fermented food
 - dairy
 - meat
 - spinach
 - kale
 - evidence for supplementation is mixed, and not currently recommended in the UK
- foods rich in phosphorus:
 - oily fish
 - dairy
 - meat
 - wholegrains
 - beans and pulses
- foods rich in magnesium:
 - almonds
 - beans
 - wholegrains
 - spinach

References

<https://www.nice.org.uk/donotdo/med-clow-6-not-recommended-for-the-treatment-of-menopausal-symptoms-in-women-with-breast-cancer/>

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