

Menopause Nutrition Guide

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Key Nutrition Principles for Menopause:

1. Increase protein to 1.2-1.5g per kg body weight
2. Calcium: 1200mg daily from food + supplements
3. Vitamin D: 1000-2000 IU daily
4. Omega-3 fatty acids for heart and brain
5. Reduce refined carbs and added sugars
6. Anti-inflammatory foods: turmeric, ginger, leafy greens
7. Phytoestrogens: soy, flaxseeds, sesame

Indian Foods Rich in Calcium:

- Ragi/Nachni - 344mg per 100g
- Sesame seeds - 975mg per 100g
- Paneer - 208mg per 100g
- Curd/Yogurt - 149mg per 100g
- Amaranth leaves - 397mg per 100g