



HÄLSA
wellbeing

MenoYOU 'Pause and Balance:

**Eating well during Menopause in Ethnic Minority
communities and Question Time**

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Integrated Care System



Eating Well

There are many advantages to eating well during the Menopause. Those experiencing this stage of life can benefit from following a healthy, nutritious Menopause way of eating. For example:

- ✓ Symptom relieving options – a diet low in sugar and processed foods may help regulate mood and energy levels. A diet high in Phytoestrogens may help to lessen hot flushes and night sweats.
- ✓ Bone health – a diet high in Calcium and Vitamin D promotes healthy bones and lowers the risk of osteoporosis.
- ✓ Weight management – during the Menopause, many people gain weight or experience changes to their body composition. Eating well and managing blood sugar levels can support weight management.
- ✓ Gut Health – digestive problems are common in Menopause. Focusing on our gut health can have an impact on some symptoms such as constipation.
- ✓ Cardiovascular Health – post Menopausal people can be more likely to develop heart disease. Keeping cholesterol levels low, eating the right amount of protein and a diet rich in fruit, vegetables and wholegrains can help to prevent this.
- ✓ Hormonal Balance – some foods, such as those high in omega -3 fatty acids may help regulate hormones and can support both cognitive function and emotional wellbeing.



Getting the right Nutrients and Blood Sugar

Key things to think about during Menopause:

You should try to include a range of nutrient rich foods to ensure that your diet is Menopause friendly! Here are some key things to think about including:

- ✓ Calcium Rich Foods: Full fat Greek Yoghurt, Kale, Broccoli
- ✓ Vitamin D Sources (Vitamin D is necessary for the absorption of Calcium)
Egg Yolks, Salmon, Mackerel
- ✓ Phytoestrogen rich food - Soy Products, Lentils, Chickpeas
- ✓ Protein sources - in particular, starting your day with a protein rich breakfast – Tofu, Beans, Lentils, Fish, Poultry and Legumes
- ✓ Healthy Fats - Avocados, Olive Oil, Almonds, Seeds and Nuts
- ✓ Fibre - Wholegrains, Fruits, Vegetables and Legumes
- ✓ Fruits and Vegetables
- ✓ Omega - 3 Fatty Acids - Salmon, Sardines, Trout
- ✓ Herbs and Spices - Sage, Turmeric and Ginger
- ✓ Keep hydrated - aim to drink lots of water during the day and limit your intake of Caffeine and Alcohol



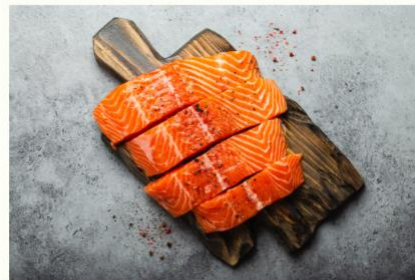
Getting the right Nutrients

Oestrogen



Getting the right Nutrients

Progesterone



Getting the right Nutrients

Testosterone



Getting the right Nutrients

Calcium

Calcium rich foods are

1. Cheese
2. Milk
3. Yoghurt
4. Tofu
5. Canned fish
6. Vegetables and pulses
7. Nuts and seeds
8. Bread, pasta rice

Adults (19+) years – 700mg



Using Nutrition for Symptoms

Issue	Nutrients	Key Sources	What to avoid
Hot flushes	Calcium	Dairy products, green leafy vegetables, canned oily fish with bones	✓ Coffee ✓ Alcohol ✓ Chocolate ✓ Spicy foods
	Exercise	20 mins a day	

Issue	Nutrients	Key Sources	What to avoid
Dry Skin	Vitamin E	Pumpkin seeds	✓ Sugar
	Zinc	Sunflower seeds	
	Calcium	Almonds	
		Nuts Legumes	

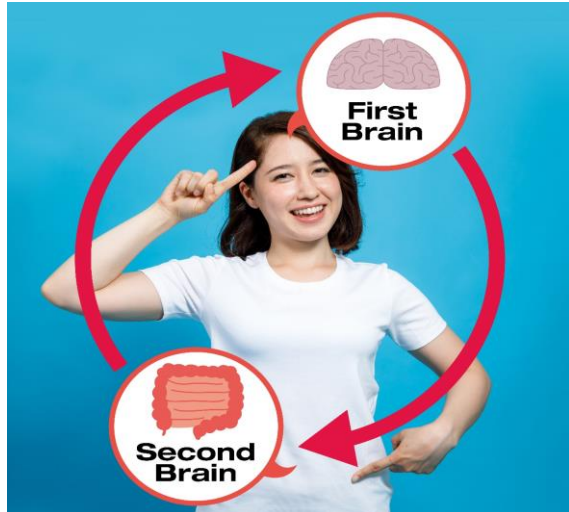
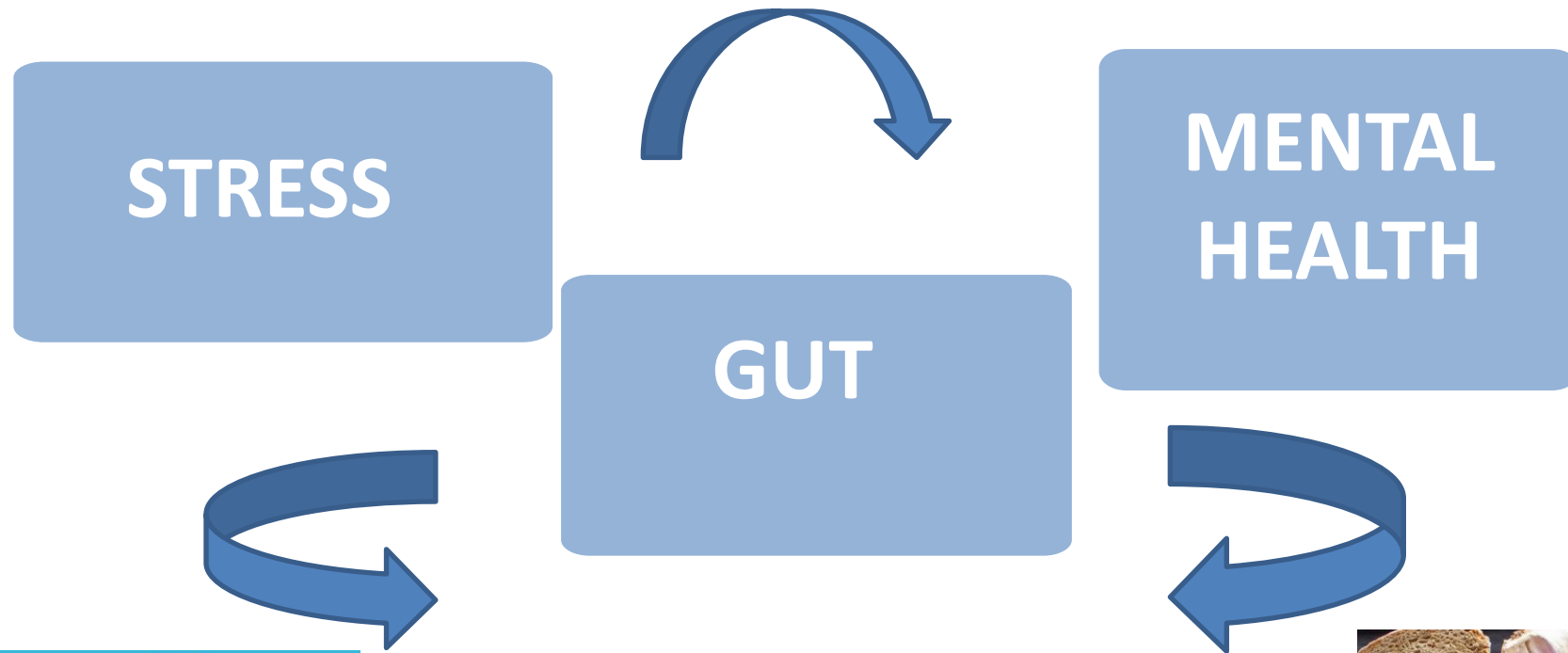
Using Nutrition for Symptoms

Issue	Nutrients	Key Sources	What to avoid
Depression, Anxiety and Mood swings + tiredness	Omega -3 fatty acids Folate Vitamin D Protein	Linseeds, oily fish Whole grains, green leafy vegetables, orange juice, turkey, cottage cheese, oats	✓ Sugar

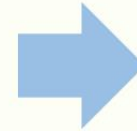
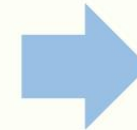
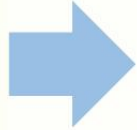
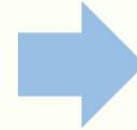
Issue	Nutrients	Key Sources	What to avoid
Heavy bleeding	Iron	Red meat, pulses, spinach, raisins, bran cereal	✓ Alcohol

Issue	Nutrients	Key Sources	What to avoid
Breast Soreness and Lumps	Vitamin E	Almonds, avocado, vegetable oil, linseeds	

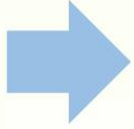
Gut Health



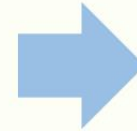
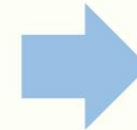
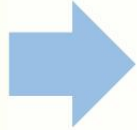
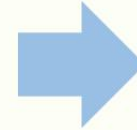
Healthy Swaps!!



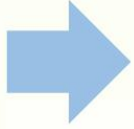
Healthy Swaps!!



Healthy Swaps!!



Healthy Swaps!!



Health Benefits of Spices!



Health Benefits of Spices!



BOOK

Initial Concept:

- ✓ To support staff wellbeing through Menopause awareness around nutrition via a book which is specifically designed for a variety of ethnicities with culturally adapted content.
- ✓ The brief was to design a nutritional on-line “recipe book” about eating well during the Menopause but linked to different cultures with information and recipe content.
- ✓ This would consider diverse tastes, cultural preferences and nutritional needs.

YOUR GUIDE TO

Eating Well during the Menopause for different Ethnicities & Nationalities

This book is a resource that not only provides delicious recipes but also fosters understanding and appreciation for diverse culinary traditions and how to eat well during the Menopause.



CONTENT

- ✓ The book is divided into sections based on different ethnicities & nationalities and each section includes recipes that align with the dietary habits of the specific group.
- ✓ We have tried to emphasize the nutritional value of ingredients, especially those beneficial during Menopause. We have also provided information on how certain foods can address Menopause symptoms.
- ✓ Our content aims to be educational and supportive. The book is accessible and culturally sensitive in terms of content, language and imagery.



Nutritional Support
during the
Menopause

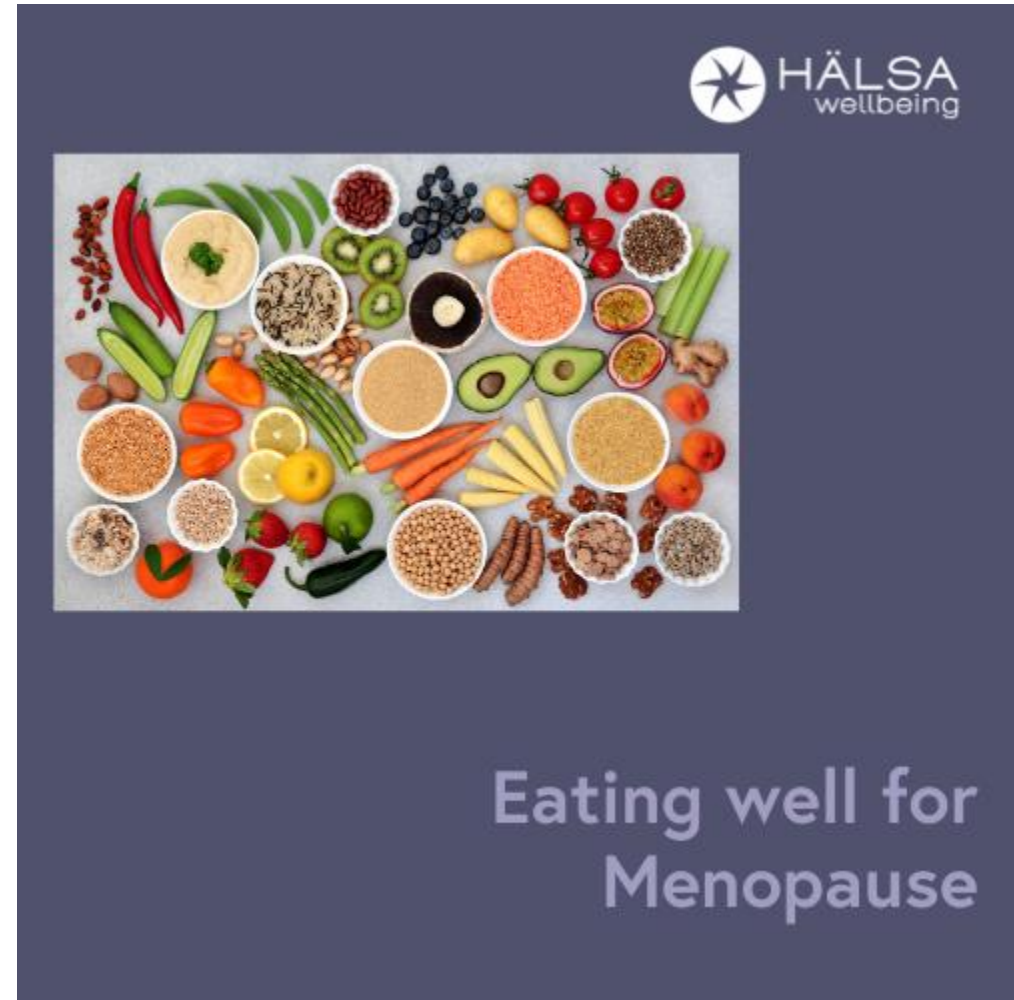
CONTENT

1. Middle East: Lebanese/Palestinian
2. Indian
3. Pakistani
4. Persian
5. Somali
6. Slovak/Czech/Polish



What else do we focus on?

1. Eating for wellbeing during Menopause
2. Managing symptoms through nutrition
3. Key areas to focus on during Menopause
4. RECIPES for each Group
5. Input from Sherly Gibson on:
 - ✓ Spices
 - ✓ Healthy Habits
6. Recommended Reading
7. Thank you



What do want to achieve with this book?

1. Foster a better understanding of how nutrition can help with the Menopause journey
2. Appreciate other cultures and ethnic groups
3. Encourage collaboration and understanding of different cultures



How do I get copies?

1. PDF – available and will also be put onto the Resource Page
2. Hard copies – please order via info@halsawellbeing.com

Approximate Costs + VAT

50 = £6.16 per book

100 £4.19 per book

**The more you get the lower
the price**

Your Guide to.

Eating well during
the menopause for
different ethnicities
& nationalities

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Contents

Eating for wellbeing during the menopause	pg 4
Managing menopause symptoms through nutrition	pg 5
Key things to think about during menopause	pg 6
Recipes	
Middle East: Lebanese/Palestinian	pg 7-11
Indian	pg 12-19
Pakistani	pg 20-24
Persian	pg 25-28
Somali	pg 29-32
Slovak / Czech / Polish	pg 33-37
Spices – a note on spices from Sherly	pg 38-39
Healthy habits	pg 40-41
Recommended reading	pg 42
Thank you	pg 43

Useful Resources

[Foods that harm Foods that heal – Readers Digest](#)

[Nutrition for Life – Lisa Har and Dr Dawin Deen](#)

[Printable Materials and Handouts | Nutrition.gov](#)

[Menopause: What Every Woman Needs to Know - Liz Earle Wellbeing](#)

[The Good Menopause Guide - Liz Earle Wellbeing](#)

[BBC GOOD FOOD - BBC Good Food | Recipes and cooking tips - BBC Good Food](#)

[Natural Health Practice Advanced Probiotic \(60 Capsules\) Maintain Digestive Health & Support Immune System: Amazon.co.uk: Health & Personal Care](#)

[The Fast 800 » By Dr Michael Mosley - The Fast 800](#)

[Fast Like a Girl: A Woman's Guide to Using the Healing Power of Fasting to Burn Fat, Boost Energy, and Balance Hormones : Pelz, Dr. Mindy: Amazon.co.uk: Books](#)



SYICS Menopause Friendly Employer Status and Pledge

Across SYICS, 15 organisations have achieved Menopause Friendly Accreditation status. The Menopause Friendly Accreditation shows that we have a clear understanding of how menopause can have an effect at work and shows that we care about the wellbeing of our colleagues. Committing to being menopause friendly means we're working towards long-term, sustainable change in the workplaces, fostering an inclusive culture where everyone can be at their best.

As part of our ongoing commitment to being a menopause friendly employer, SY ICS are calling on all employees to sign the South Yorkshire Menopause Workplace Pledge and take positive action to make sure everyone going through the menopause is supported.

The pledge can be signed by all employees, partners and their families to break the stigma of menopause.

<https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9Ueylge0jXdO4-qQauCkrElliOAPyAcbo6tUMjZCUiRJTEK0VFIGSENGMTRHWUdORlk4RS4u>

**SIGN THE
PLEDGE!**

South Yorkshire
Integrated Care System



Health and Wellbeing Support

South Yorkshire
Integrated Care System



To book onto future MenoYou sessions and other HWB sessions, please follow this link
<https://bookwhen.com/sybicshwb>.

Interested in becoming a Menopause Advocate or Menopause Champion?

Please contact us at syicb-sheffield.hwb@nhs.net to find out more.

More information?

We have a Menopause Webpage which includes links to resources, previous recordings and information about the support on offer in SY Workforce wellbeing ::
[SYB ICS \(syics.co.uk\)](https://syics.co.uk)



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QUESTION/DISCUSSION TIME

Questions/Feedback/Info – email: info@halsawellbeing.com