

Menopause nutrition with *weight conversations*.

Bone, cardiac, vasomotor & body-composition MNT for peri/post.

Built on NICE · Menopause Society · IMS · NOF · IOF.

Inside this preview: the Clinical Guide cover, its contents page and a chapter sample, the Patient Handout Pack contents and a complete handout, and a full recipe card from the 48-recipe collection.



SWIPE TO EXPLORE

A CLINICAL GUIDE

The *Menopause* Nutrition Handbook

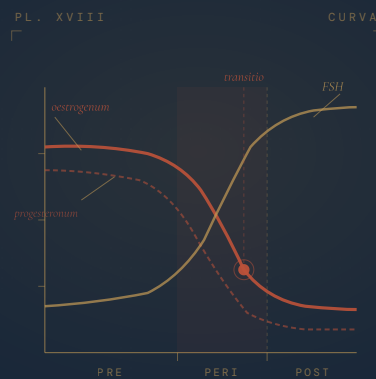


Fig. xviii · Transitio menopausalis

IMENOPAUSE · POSTMENOPAUSE · METABOLIC SH

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STRATEGY	DETAIL
DHA (omega-3)	DHA is the predominant omega-3 fatty acid in the brain and a major structural component of neuronal membranes. Adequate DHA intake supports neuronal membrane fluidity and cognitive function. 250–500 mg DHA/day from oily fish or algae-based supplements.
Hydration	Even mild dehydration (1–2%) impairs cognitive performance, concentration, and working memory. Many menopausal women restrict fluids to manage urinary symptoms — counsel against this.
Anti-inflammatory diet	Neuroinflammation contributes to cognitive decline. Mediterranean-style diet rich in polyphenols (berries, green tea, turmeric, olive oil) may support cognitive health.

CLINICAL TIP

Brain fog in perimenopause is typically transient. Reassure women that cognitive changes during the menopausal transition are well-documented, real (not imagined), and usually improve in the postmenopausal years. Oestrogen fluctuation (not just decline) drives cognitive symptoms. However, if cognitive decline is progressive or severe, investigate other causes (thyroid dysfunction, B12 deficiency, depression, sleep apnoea).

Joint Pain & Musculoskeletal Symptoms

Joint pain and stiffness are **commonly reported in the menopausal transition** — frequently quoted as affecting up to half of women, though prevalence estimates vary widely between surveys and no single figure is well established — and are often under-recognised as a menopausal symptom. Oestrogen has anti-inflammatory effects on joint tissue and supports collagen synthesis.

STRATEGY	DETAIL
Anti-inflammatory diet	Mediterranean pattern: olive oil (oleocanthal has ibuprofen-like activity), oily fish (omega-3), colourful vegetables and fruits (polyphenols), nuts, turmeric/curcumin. Reduce pro-inflammatory foods: ultra-processed foods, refined carbohydrates, excess sugar, excess omega-6 (seed oils).
Vitamin D	Be honest about the evidence here. Vitamin D deficiency is associated with musculoskeletal pain, but a systematic review and meta-analysis found vitamin D supplementation is not effective for chronic nonspecific musculoskeletal pain , and the large trials are null. Correct documented deficiency because deficiency is worth correcting in its own right for bone and muscle — not as an analgesic, and not with a promise of pain relief. Maintain sufficiency (≥ 50 nmol/L, ≥ 20 ng/mL). On the higher target: ≥ 75 nmol/L (≥ 30 ng/mL) comes from the <i>IOF 2010</i> position statement for older adults; ESCEO's current position sets 50 nmol/L as the threshold for optimal bone health , so do not present 75 nmol/L as a joint IOF/ESCEO osteoporosis target. Supplement 1000–2000 IU/day where indicated. See Chapter 4 for the full graded targets. ^{48,50,51}
Omega-3	≥ 2 g EPA+DHA/day for anti-inflammatory effect on joints (higher dose than for general health). May take 8–12 weeks for effect.
Collagen	Collagen peptides (10–15 g/day) are widely used for joint cartilage support and joint pain. Treat the evidence as preliminary — see the confidence caveats and funding disclosure in Chapter 7 before recommending.

Patient Handouts

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Supplements — What Works

Evidence-based supplements for menopause, what might help, and what to avoid

A balanced diet should always come first. Some supplements do have good evidence behind them for menopause. Others are popular but the evidence is weak. This guide helps you see which is which, and what to raise with your doctor.

Evidence-Based Supplements

SUPPLEMENT	WHY	DOSE	NOTES
Calcium	Bone protection	500–600 mg per dose, if you are not getting enough from food	Calcium citrate is better absorbed; take with food; do not take more than 500–600 mg in one dose, and split it if you need more in a day
Vitamin D3	Calcium absorption, bone health, mood, immune function	800–1000 IU/day (higher only if your doctor confirms deficiency)	Take with a fat-containing meal; test blood levels first if possible. Do not exceed 4000 IU per day without medical supervision
Omega-3 (the label may say EPA and DHA — these are the two useful fats found in oily fish)	Heart health, brain health, anti-inflammatory	1000–2000 mg of EPA and DHA added together per day	Choose a quality fish oil or algae-based supplement; keep refrigerated
Magnesium	Sleep, muscle cramps, bone health, anxiety	300–350 mg/day from supplements	Magnesium comes in several forms — look on the label for glycinate or citrate , as these are the gentlest on the stomach and the best absorbed. Take it in the evening for sleep. Do not go above 350 mg a day from a supplement unless your doctor advises it

What Might Help (Some Evidence)

SUPPLEMENT	POTENTIAL BENEFIT	EVIDENCE LEVEL
Evening primrose oil	Sometimes used for breast tenderness	Weak — trials for hot flashes have been largely negative. May increase bleeding risk if you take blood thinners
Ashwagandha	May reduce stress and improve sleep	Moderate — more research needed for menopause specifically. Do not take it if you have a thyroid problem , as it can affect your thyroid hormone levels. Also avoid it if you have an autoimmune condition, unless your doctor says otherwise

Tofu Pad Thai

Classic pad Thai with crispy tofu, edamame, bean sprouts, and a tangy tamarind sauce

PHYTOESTROGEN

BONE-BUILDING

HIGH-PROTEIN

760
KCAL

30g
PROTEIN

400
CA (MG)

2
SERVES

25
MIN

Ingredients

- 200 g (7 oz) flat rice noodles, dry weight (about 500 g cooked)
- 250 g (9 oz) firm tofu (calcium-set), cubed
- 100 g (3½ oz) edamame beans, shelled
- 100 g (3½ oz) bean sprouts
- 2 spring onions, sliced
- 2 Tbsp tamarind paste
- 1 Tbsp reduced-salt soy sauce or tamari
- 1 Tbsp fish sauce
- 1 Tbsp brown sugar
- 1 Tbsp lime juice
- 2 Tbsp crushed peanuts
- 1 Tbsp vegetable oil
- Fresh coriander and lime wedges to serve

ALLERGENS · Contains: Soya, Fish, Peanuts, Gluten (soy sauce — use tamari for gluten-free). Always check labels on packaged items (stocks, sauces, plant milks, breads) and confirm with the patient.

Method

1. Soak rice noodles in boiling water for 5–8 minutes until softened. Drain.
2. Fry tofu cubes in vegetable oil over high heat until golden on all sides (4–5 minutes). Remove.
3. Mix tamarind paste, soy sauce, fish sauce, brown sugar, and lime juice to make the sauce.
4. Add edamame and spring onions to the pan. Stir-fry for 2 minutes.
5. Add noodles, tofu, and sauce. Toss for 2 minutes until coated. Add bean sprouts and toss briefly.
6. Serve topped with crushed peanuts, coriander, and lime wedges.

108g
CARBS

23g
FAT

3g
SAT FAT

6g
FIBRE

1 075
SODIUM (MG)

—
Ω-3 (MG)

Portion note: At roughly 760 kcal this is a generous single serving. Dropping the dry noodle weight from 200 g to 140 g brings it to about 660 kcal and leaves the tofu, edamame and calcium as they are.

Dietitian tip: This pad Thai delivers a double dose of soy isoflavones from both tofu and edamame. A daily intake of 40–80 mg isoflavones is the quantity studied in soy research; the benefit that holds up is cardiometabolic and bone, not hot-flush relief, which current Menopause Society guidance does not endorse.

The *Menopause* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

12 CHAPTERS · 79 PP

- Understanding menopause
- Metabolic changes
- Nutrition for symptom management
- Bone health & osteoporosis prevention
- Cardiovascular health
- Body composition & weight management
- Phytoestrogens & supplements
- Gut health · special considerations · case studies
- Quick-reference cards · ADIME documentation

PART TWO

Patient Handout Pack

15 PRINT-READY
HANDOUTS

- Understanding menopause & nutrition
- Managing hot flushes through diet
- Bone health & calcium guide
- Heart health after menopause
- Managing your weight during menopause
- Protein for muscle & bone
- Sleep & mood support through food
- Phytoestrogen foods guide
- Gut health · supplements · eating well
- Food & symptom diary · 7-day meal plan
- Calcium & protein tracker · monitoring log

PART THREE

Recipe Collection

48 MENOPAUSE-FRIENDLY
RECIPES

- Breakfast · lunch · dinner
- Snacks · desserts · batch-cook & freezer
- Phytoestrogen-rich options flagged
- Calcium, protein, sat fat & sodium per serve
- Heart-healthy & bone-building tags

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The Dietitian's Vault