



MenoSense Takeaways

- ❖ Everyone's journey through life is unique, but **You have control over how You navigate it.**
- ❖ You are your best advocate.
- ❖ Menopause involves decreased estrogen and progesterone, and changes in cortisol levels.
- ❖ There are both medical and non-medical approaches to managing menopause; choose what suits you best.

Important Reminders

- ❖ **Protein:** 0.8–1 g per pound per day (this is a lot). Examples: raw oats, cottage cheese, chicken (25 g in a palm-size serving), black beans, tuna, tofu, Greek yogurt, etc. I suggest looking at total amount daily then divide per meal and snacks. Early day loading is a critical step to achieving this goal, front loading helps with day cravings and sugars spikes that lead to poor choices on the fly
- ❖ **Carbohydrates:** 150–180 g/day (150 g is the minimum listed here is essential for brain function). The best form of CHO is in form of complex carbs such as fruits and whole grains , both which allow more sustained energy not the high and crash
- ❖ **Fat:** Daily range is 45–75 g. Multiply your weight by 0.4–0.5 for your intake. Choose foods with healthier unsaturated fats such as avocado, peanut butter, fatty fish, nuts, olives and olive oil. Attempt to limit saturated fat (fried foods, lard, whole cheese, palm oils).

Protein, CHO and fats are macronutrients that are essential for energy and maintaining the body's structure. No macronutrient should be excluded or severely restricted.

- ❖ **Fiber:** Aim for at least 25 g/day, 35g/d might be better. Fiber supports the gut microbiome, gut barrier and regularity, and can help with constipation. Look for both insoluble fiber, which helps move food and waste through the digestive tract, and soluble fiber, found in foods such as avocado, sweet potatoes, oats and raspberries. Easy addition of hemp hearts, chia seeds and/or flax seeds can jump start your daily fiber (in yogurt or cottage cheese)

Why fiber matters: Many people consume only about half of the recommended amount daily. Adequate fiber supports healthy gut function and inflammation control. With declining estrogen and increasing age, cardiometabolic risk factors can also change, including a tendency for LDL cholesterol to rise, increasing cardiovascular risk such as stroke or myocardial infarction.

- ❖ **Sleep:** Minimum of 7 hours. If struggling, create a consistent sleep-hygiene routine. Avoiding blue light, cool temperatures maybe white noise and monitoring night or evening snacking to better evaluate blood sugar rise and crash at night that mimics a hot flash and may disrupt the sleep

- ❖ **Exercise:** Weight-bearing and/or resistance training >150 minutes/week. Layer in up to two Zone 2 cardio sessions per week, and potentially one VO₂-focused higher-intensity session around 85% effort/heart-rate target, as appropriate for your fitness level.



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Supplements

- ❖ **Calcium:** 19–50 years: 1,000 mg; >50 years: 1,200 mg. More is not necessarily better. Excess intake can contribute to gastrointestinal symptoms and may increase kidney stone risk in some people. Calcium is required for maintaining strong bones and supports normal muscle and nerve function. Whenever possible calcium should be obtained primarily through dietary resources rather than relying on supplements
- ❖ **Omega-3:** Prioritize EPA and DHA from fatty fish and/or supplements. EPA: approximately 500 mg/day for cardiovascular health and anti-inflammatory effects. DHA: approximately 500 mg/day for brain and eye health and cardiovascular function. Together, this provides approximately 1,000 mg/day of EPA + DHA. ALA from plant sources (flaxseed, chia, walnuts, soybean oil) is an essential fatty acid, but conversion to EPA/DHA is limited.
- ❖ **Magnesium:** Typically taken in the evening with suggestions that it may support relaxation. The combination of L-theanine + magnesium threonate is used by some people for relaxation and sleep support; both compounds can cross the blood-brain barrier. Individual responses vary.
- ❖ **Creatine:** Consider 5–15 g/day (grams, not milligrams) depending on goals and individual needs. Creatine supports muscle performance and strength and may also have benefits for healthy aging. Taking it in the afternoon with electrolytes is one practical option. Hydration and electrolyte need vary with activity, heat and sweat loss. Stay tuned for more brain research and use of creatine for less mental decline as we age
- ❖ **Vitamin D:** 600 IU daily until age 70, then 800 IU daily, with calcium for better uptake. Vitamin D helps regulate calcium and plays an important role in maintaining bone structure and supporting normal immune function. Sources include fatty fish, eggs and fortified milk.

Shameless Plug

If you believe that information on MenoSense would be valuable for your workplace or if you would appreciate an optional one-on-one guidance, please don't hesitate to contact me at menosense4u@gmail.com or visit Instagram at [@menosense4u](https://www.instagram.com/menosense4u)

Cheers Deana

Educational information only. Individual nutrition, exercise and supplement needs vary; discuss medical conditions, medications and supplements with your healthcare professional.