

NUTRITION AND MIDLIFE



What the (bleep) is going on?

DIETARY PATTERNS

Links are unclear between dietary patterns and menopausal symptoms
Spicy foods, caffeine, alcohol
Consider what gives you energy
Minimally vs. ultra-processed foods

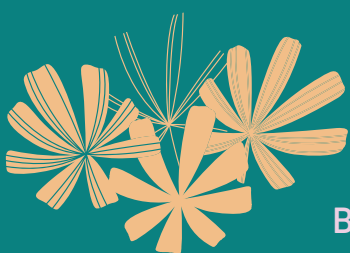


MID-LIFE METABOLISM

It may not slow as early as previously thought
Stable between ages 20-60?
What are other reasons for mid-life weight gain?

HEART AND BONE HEALTH

Calcium and Vitamin D-rich foods
Fiber Fiber Fiber
Movement you LOVE



WHAT ABOUT SUPPLEMENTS AND OTHER MEDS?

Black cohosh, Evening primrose oil, Testosterone
Green tea extract and moringa
Vitamin E, Melatonin & Magnesium
Antidepressants & HTN meds

HEALTHY MIDLIFE AND BEYOND

Shore up your foundations:
Healthful eating
Enjoyable and intentional movement
Stress management
Sleep hygiene

