Me·No·Pause
Embracing the change for good.
KRISTINFITNESS

My Top 10 Tips to Lose Belly Fat and Feel Better in Menopause

Eat an abundance of calcium-rich foods.	During menopause, the risk of osteoporosis increases. Calcium-rich foods include almonds, broccoli, dairy, kelp, leafy greens, oranges, sardines, and sweet potatoes. Taking vitamin D enhances the absorption of calcium.
Consume "good mood" food.	Good mood foods include Omega 3s like salmon, sardines, tuna, walnuts, and flax. Also, foods rich in vitamin B such as lean meats, eggs, yogurt, leafy greens, whole grains, and shellfish can help improve mood.
Load up on fruits and veggies.	As metabolism slows in menopause, adding bulk and fiber help with satiety. The phytonutrient, DIM, in cruciferous vegetables has many positive health benefits. Vitamins and minerals found in many fruits and vegetables help maintain hormone balance.
Supercharge your diet.	Flax seeds, as well as maca, can reduce hot flashes. Pomegranate may help with vaginal dryness and discomfort, as well as may reduce hot flashes.* *Talk to a doctor about pomegranate as it may interfere with medications, trigger allergies, or cause digestive discomfort.
Limit caffeine.	Sleep is affected during menopause. Try consuming no more than one morning caffeinated beverage.
Be mindful of phytoestrogens which can mimic estrogen – OR – have the opposite effects.	Avoiding processed soy foods and ingredients like soybean oil, modified soy and soy lecithin is advisable. However, whole soy foods such as edamame, actually might decrease symptoms.
Be cautious of gluten.	Celiac disease is linked to earlier onset menopause and can worsen your menopausal symptoms.
Make protein a priority.	Protein is crucial for maintaining muscle mass, promoting bone health, stabilizing blood sugar levels, supporting healthy hair, and managing weight, as declining estrogen levels during this phase can lead to significant muscle loss and increased risk of osteoporosis if not adequately addressed with protein intake.
Strength train.	As estrogen levels drop during menopause, women naturally lose muscle mass and retain more fat, which weightlifting helps to combat and maintain muscle strength.
Manage stress before it manages you.	Fluctuating hormone levels, particularly declining estrogen, can make women more susceptible to stress, leading to worsened menopause symptoms like weight gain, hot flashes, mood swings, sleep disturbances, and even increased anxiety and depression.

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