

What Is The Best Diet During Menopause - The Answers Are Here

What is the best diet during menopause? Many of the answers are related to phytoestrogens and menopause symptom relief. It may all seem a bit redundant, but I wanted to provide as much information as I could in an easy to understand format. There are so many factors to consider when designing a diet for menopause. The truth of the matter is that this is a health diet that can be used in the years leading up to menopause, follows the recommendations of the American Heart Association and the American Cancer Society and can be easily followed for life.

What is the best diet during menopause to prevent osteoporosis? Low fat sources of calcium, include milk, yogurt and cheese, but can also be found in non-dairy foods, such as fish, spinach, broccoli, kale, some legumes and soybean products. Whenever the subject of phytoestrogens and menopause comes up, you will usually see references to soy isoflavones, which brings us to the next question.

What is the best diet during menopause to relieve hot flashes? Hot flashes are related to decreasing levels of estrogen. Some plants have compounds that have estrogen-like effects on the body. These compounds are called phytoestrogens. It is believed that the effectiveness of black cohosh for relieving hot flashes is related to the phytoestrogens in the plant. It is known that soy isoflavones are phytoestrogens and menopause symptoms like hot flashes may be relieved by increasing or adding soy into a woman's diet.

What is the best diet during menopause to prevent weight gain? Low in fat, rich in complex carbohydrates like vegetables, fruits, whole grains and low in simple carbs like sugar, white bread, white rice, etc...

What is the best diet during menopause to improve sleep? Soy (again) comes out close to the top for its high tryptophan content. Tryptophan is an amino acid that aids the body in the absorption of protein and the production of serotonin. Serotonin transmits signals among nerve endings in the brain and body and is important in regulating sleep cycles. Increasing foods in the diet that contain tryptophan can improve the quality of your sleep. Other than soy, the best dietary sources of tryptophan are chicken breast, yellow fin tuna, beef tenderloin, lamb loin, turkey breast, halibut, shrimp, salmon and snapper. However, beef tenderloin and lamb loin are high in fat and both the American Cancer Society and the American Heart Association recommend that you avoid red meat. Studies have shown that carbohydrates increase serotonin levels, as well, which may be why women crave simple carbs during PMS.

What is the best diet during menopause to increase energy? We need carbohydrates for energy. Although most of the recent research has focused on the effectiveness of phytoestrogens and menopause relief and many of the popular diets are "low-carb", if you do not get enough complex carbohydrates in your diet, then you will be tired. When you are tired, you are more likely to grab something sweet. This will backfire and you will end up even more tired. The whole thing becomes a vicious cycle. It is also important to make sure that you get enough B-complex vitamins in your diet. Broccoli, cauliflower and other cruciferous vegetables are good sources of B vitamins. Cottage cheese is another good choice.

What is the best diet during menopause to improve mood? This question leads back to tryptophan, carbohydrates and possibly phytoestrogens. Anything that increases levels of serotonin improves mood. It is not only important in regulating sleep cycles, but mood, as well. Studies have shown that it also affects appetite and may help women avoid gaining weight during and after menopause.

About the Author

Brains tissue is expensive for a body to produce, so when times are tough, some primates go with a smaller noodle, a new study suggests.

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