

NUTRITION AND LIFESTYLE AT MIDLIFE

midlife and beyond...



Dr Janaki C Desai

MD, DGO, PGDHA, CIMP

Consultant Gynaecologist
Specialist in menopause

one stop solution for all health issues of women 35 years plus

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Menopause is described as a period of psychological difficulties that changes the lifestyle of women in multiple ways. Menopausal women require more information about their physical and psychosocial needs. Most interventions for menopause women have focused on educational intervention, physical activity/exercise, healthy diet, stress management, healthy behaviors, preventing certain diseases and osteoporosis. We will empower menopausal women with the knowledge that will guarantee their health during the last third of their life.

- **Healthy patterns include**

- » Consuming fewer calories with focus on consuming more calcium, whole grains and protein
- » Making informed food choices
- » Being physically active
- » Eating a balanced diet.
- » Do not skip meals, especially breakfast.

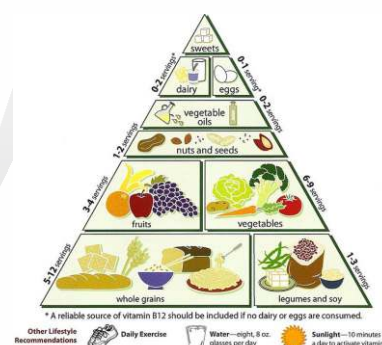
- **Healthy choices can help attain and maintain**

- » a healthy weight
- » reduce their risk of chronic disease
- » promote overall health

Balanced Diet

She may need to eat less and exercise more, just to maintain her current weight. Include a variety of fruits, vegetables and whole grains. Limit saturated fats, oils and sugars. Ask us if she need calcium or vitamin D supplements to help meet her daily requirements.

Loma Linda University Vegetarian Food Pyramid



Calories

- It's important to consume enough calories day to day work.
- Caloric needs depends on
 - » your physical activity level
 - » body weight
- 26 calories per kg if you're sedentary
- 32 calories per kg of you are moderately active
- 36 calories per kg of body weight if you regularly engage in high-intensity exercise

Carbohydrates

- Carbohydrates are used for fuel.

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- Focus on complex carbohydrates
 - » whole-grain breads, Roti
 - » Cereals
 - » pastas
 - » brown rice
- Limit simple carbohydrates
 - » Juices
 - » white breads
 - » sugary cereals
- Whole grains provide energy that lasts longer than simple carbohydrates as well as fiber and vitamins.
- Whole grains are also rich sources of iron.

Protein

- Adults require protein to maintain lean muscle mass and for healthy hair, skin and nails.
- Protein can also increase satiety.
- Protein is particularly important for weight loss, and works via several different mechanisms.
- A high protein intake can boost metabolism significantly, while making you feel so full that you automatically eat fewer calories. It can also cut cravings and reduce the desire for late-night snacking. Eating plenty of protein has also been shown to lower blood sugar and blood pressure levels.
- Protein-rich foods
 - » Eggs, poultry, lean meats, seafood
 - » Dairy foods
 - » Foods in the legume family
 - » Nuts
 - » Beans
 - » Chickpeas

Fat

- One should consume no more than 30 percent of their daily calories from fat.
- Fat plays an important role in supplying energy and helping the body absorb fat-soluble vitamins including vitamins A, D, E and K.
- Consuming too much fat can cause to gain weight.
- Choose healthy sources of fats such as nuts, seeds, plant-based oils and avocados.

Soy

- People commonly use soy to treat menopause symptoms such as hot flashes and night sweats.
- Soy is known for being rich in isoflavones, which are phytoestrogens.
- Phytoestrogens are plant-based foods that can have an estrogen-like effect on the body.

Eat Nuts

- Despite being high in fat, nuts are incredibly nutritious and healthy.
- They are loaded with magnesium, vitamin E, fiber and various other nutrients.
- Studies show that nuts can help you lose weight, and may help fight type 2 diabetes and heart disease.

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- They can boost metabolism.

Eat Vegetables and Fruits

- Vegetables and fruits are the “default” health foods, and for good reason.
- They are loaded with pre-biotic fiber, vitamins, minerals and all sorts of antioxidants.
- Studies show that people who eat the most vegetables and fruits live longer, and have a lower risk of heart disease, type 2 diabetes, obesity and all sorts of diseases.

Use Plenty of Herbs and Spices

- There are many incredibly healthy herbs and spices out there.
- For example, ginger and turmeric both have potent anti-inflammatory and antioxidant effects, leading to various health benefits.

Drink Some Water, Especially Before Meals

- It can help boost the amount of calories you burn.
- It can boost metabolism by 24-30% over a period of 1-1.5 hours. This can amount to 96 additional calories burned if you drink 2 liters (67 oz) of water per day.
- The best time to drink water is half an hour before meals.
- A half a liter of water, 30 minutes before each meal, increased weight loss by 44%

Calcium and Vitamin D

- A combination of calcium and vitamin D is important for helping to prevent the bone loss associated with menopause.
- The least expensive way to obtain calcium is through diet.
- Diet can easily provide 1,000-1,500 mg of calcium daily. The following foods contain calcium:
 - o One cup of milk (regular or fat-free/skim) - 300 mg
 - o One cup of calcium-fortified orange juice - 300 mg
 - o One cup of yogurt (regular or fat-free) - about 400 mg on average
 - o 30 gms cheddar cheese - about 200 mg
- Low-fat dairy products, broccoli, and legumes can help fulfill your higher calcium needs.
- If adequate sun exposure is not an option for you, then supplementing with vitamin D has been shown to have numerous benefits for health.
- This includes improved bone health, increased strength, reduced symptoms of depression and a lower risk of cancer, to name a few. Vitamin D may also help you live longer.
- Dietary calcium supplements are a good option for women who cannot consume adequate calcium through diet.

National Institute of Nutrition (NIN) recommends a diet that includes high intake of fresh vegetables, fruits, garlic and spices such as turmeric in adequate amounts for cancer prevention.

Don't Drink Sugar Calories

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- When you drink soda, you end up eating more total calories.
- Sugary drinks are strongly associated with obesity, type-2 diabetes, heart disease and all sorts of health problems.
- If you consume alcohol, do so in moderation.

Avoid Processed Junk Food (Eat Real Food Instead)

- These foods have been engineered to be “hyper-rewarding,” so they trick our brains into eating more than we need, even leading to addiction in some people.
- Also low in fiber, protein and micronutrients (empty calories), but high in unhealthy ingredients like added sugar and refined grains.

Don't go on a “Diet”

- Diets are notoriously ineffective, and rarely work well in the long term.
- In fact, “dieting” is one of the strongest predictors for future weight gain.
- Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body, instead of depriving it.
- Weight loss should follow as a natural side effect of better food choices and improved metabolic health.

Healthy Snacks

- For a handy snack, keep cut-up fruits and vegetables like carrots, peppers, or orange slices in the refrigerator.
- Include sprouts in daily meal.
- Understand the difference between everyday snacks, such as fruits and veggies, and occasional snacks, such as cookies or other sweets.
- Make water a staple of snack time. Try adding a slice of lemon, lime, or a splash of 100% juice to your water for a little flavor.
- Swap out your cookie jar for a basket filled with fresh fruit.

Controlling Portion Size

- Use smaller plates to control portion sizes.
- Don't clean your plate or bowl if you're full, instead save leftovers for tomorrow's lunch.
- Portion sizes depend on the age, gender, and activity level of the individual.

Use of salt

- Use little or no salt in your foods. Reducing salt can lower blood pressure and decrease the risk of heart disease and heart failure.
- Excessive salt intake can also trigger flushes, sweats, and palpitations, and it can lead to dehydration.

Herbs and supplements

Here are some herbs and supplements you can take to manage menopause symptoms:

- black cohosh

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- flaxseed
- wild yam
- red clover
- ginseng

These herbs and supplements are known to:

- reduce hot flashes
- promote healthy bone renewal
- ease insomnia, fatigue, anxiety, and stress

You should check with your doctor before taking any herbs or supplements.

Enjoy eating!

- It very important to enjoy whatever you eat.

Quit smoking.

- If a woman smokes, she should quit. Smoking is linked to a decline in estrogen levels. Smoking increases her risk of heart disease, stroke, osteoporosis, cancer and a range of other health problems. It may also increase hot flashes and bring on earlier menopause.

Cool hot flashes:

- Dressing in light clothes, sipping ice water, exercising, and certain medications can help prevent hot flashes.

Get Enough Sleep

- As important as diet and exercise, if not more.
- Poor sleep can drive insulin resistance, throw your appetite hormones out of whack and reduce your physical and mental performance.
- It is one of the strongest individual risk factors for future weight gain and obesity.

Decrease vaginal discomfort.

- Use water-based vaginal lubricants (K-Y jelly, others) or moisturizers.
- Staying sexually active also helps by increasing blood flow to the vagina.
- Strengthening the pelvic floor: Pelvic floor muscle exercises, called Kegel exercises, can improve some forms of urinary incontinence.

Controlling Weight Gain

Many women need to increase physical activity and reduce caloric intake before and after menopause. Weight gain is common during these years, and it can be sudden and distressing, particularly when habitual exercise and eating patterns are no longer effective in controlling weight. Gaining weight around the abdomen (the so-called apple shape) is a specific risk factor for heart disease, diabetes and many other health problems.

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Exercise daily

- All adults should avoid inactivity.
- Get regular physical activity or exercise on most days to protect against heart disease, diabetes, osteoporosis and other conditions associated with aging.
- At least 150 minute (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
- Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- One should also include muscle-strengthening activities that involve all major muscle groups on two or more days a week.
- For bone health, include weight-bearing activities like walking, running, calisthenics, and/or dancing, as well as resistance training such as weights, bands, and/or isometrics.
- Resistance training also helps to slim stubborn belly fat as well as maintain strength and balance, which naturally decline during the aging process.
- Lifting weights is one of the best things you can do to strengthen your body and improve your body composition.
- It also leads to massive improvements in metabolic health, including improved insulin sensitivity.
- The best approach is to go to a gym and lift weights, but doing body weight exercises can be just as effective.

Daily Stress Relief

- Practice healthy stress relief daily, such as enjoyable activity, yoga/tai chi, stretching, quiet time, deep breathing, prayer, meditation, and writing in a journal, all of which have significant health benefits in menopause and beyond.
- Stay connected with your family and community; nurture your friendships

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