

UNC Wellness Centers

Food For Thought

Eat Well and Age Well During Menopause



depression
estrogen stop senior lifestyle
Menstrual
uncomfortable aged periods menopause
stress progesterone woman
estrogen hormones
mature
healthcare
lifestyle depression pensioner health worried sweat stress middle old menstruation stop sweat heat mature
periods aged periods uncomfortable menstrual pensioner menopause
menstruation health woman

MENOPAUSE



AIN'T NOBODY GOT TIME FOR THAT

memegenerator.net

ME WELCOMING



MENOPAUSE

makeameme.org

MENOPAUSE....



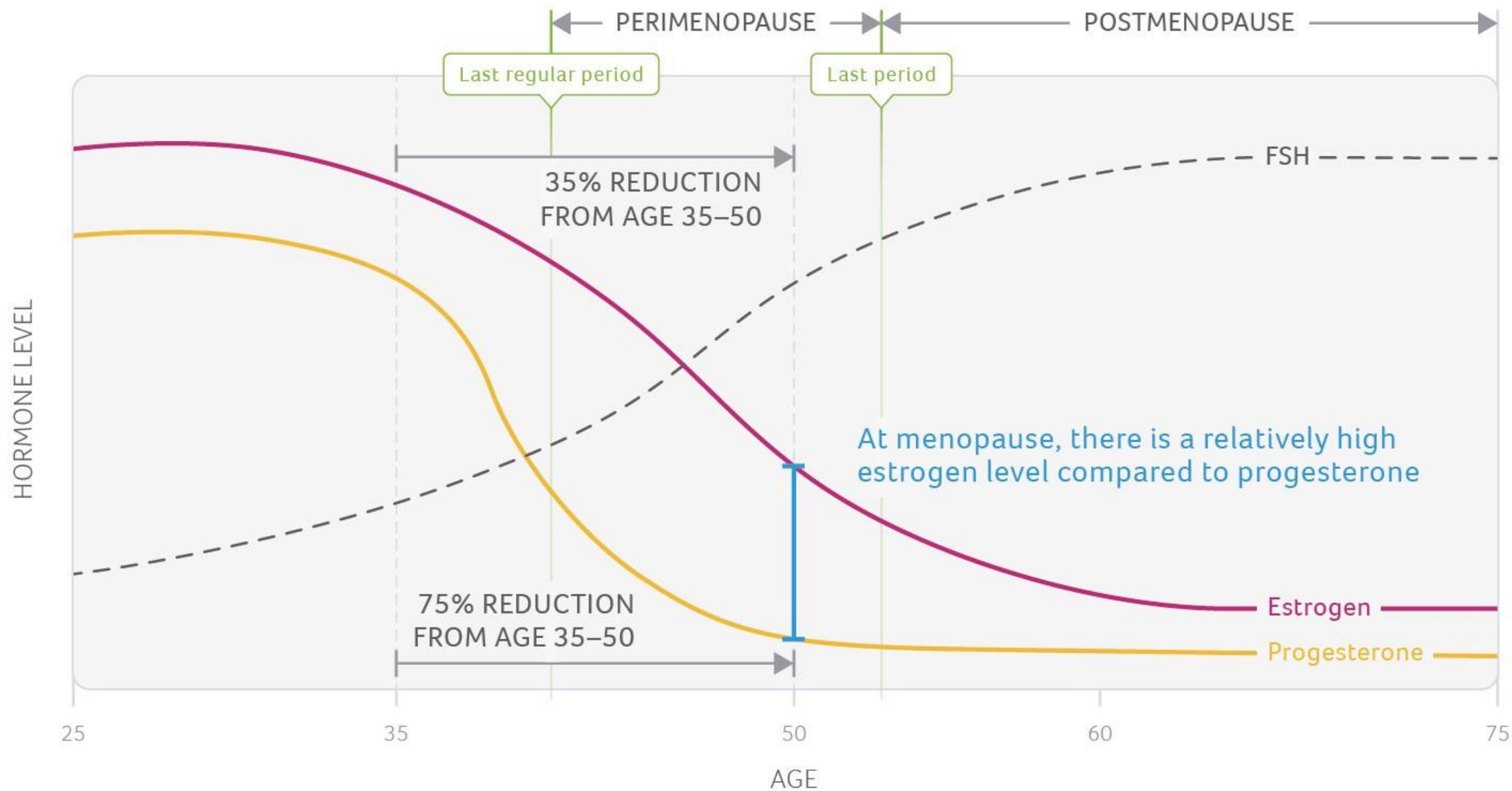
WHEN YOUR BEST FRIEND IS A WORKING FAN

Objectives

- Biology 101
- Overall Health
- Food
- Exercise

What Is Menopause?

- Stop menstruating for 12 months
- Average age of onset is ~51 years old
- Reduction of estrogen and progesterone being produced
- Metabolic flexibility reduces
- Other symptoms include hot flashes, night sweats, sleep disorders, lower energy,.....



Overall Health

- Increased risk for
 - Osteoporosis
 - Weight gain/loss of lean body mass
 - GI disturbances
 - CVD
 - Cognitive issues

What and How To Eat

- Plant-Based Diet
- Protein Intake
- Meal Timing
- Body Composition
- Sleep
- Monitoring
- Metabolic testing

Plant-Based Diet

- Definition: mostly plants
 - Vegan
 - Lacto-ovo vegetarian
 - Flexitarian
- Mediterranean/DASH diet plan

Mediterranean Diet Pyramid

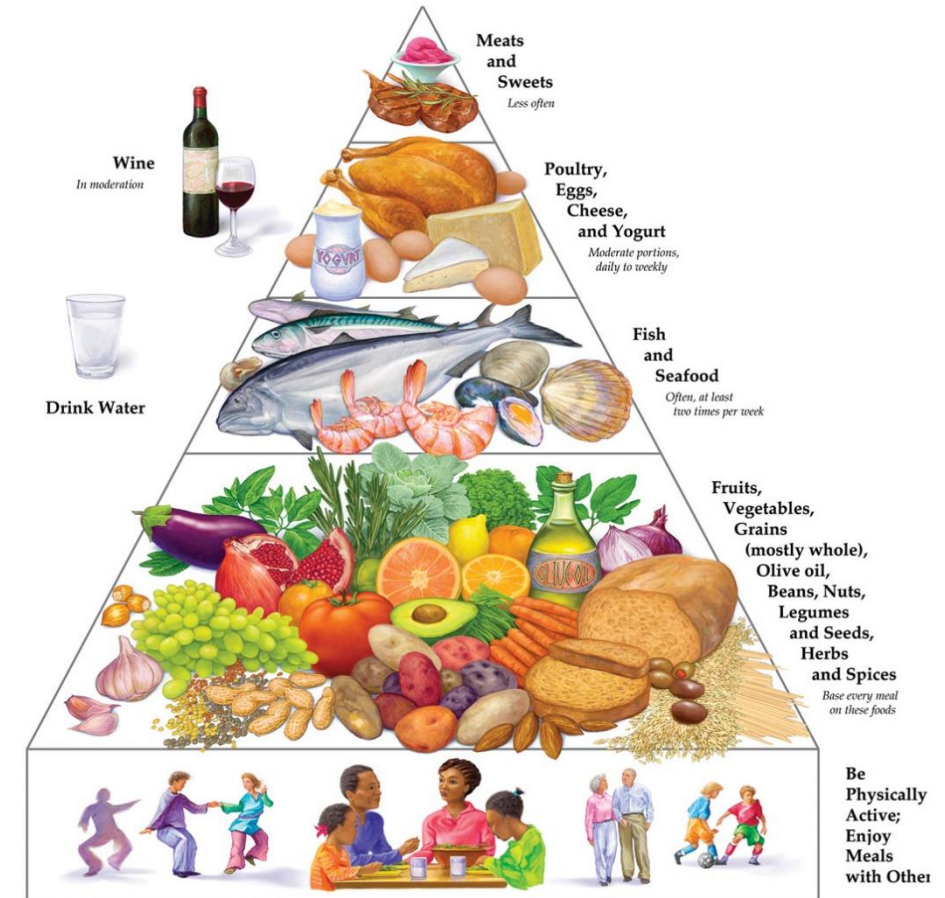


Illustration by George Middleton

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www.oldwayspt.org

Protein

- Women over 50 typically do not get enough
- Timing matters
- Leucine
- Favorite sources
 - Fish, chicken, turkey, beef, pork
 - Eggs
 - Cow's milk dairy
 - Soy products
 - Beans, legumes, nuts, seeds
 - Supplements



Meal Timing

- Eat by your body clock, not the actual clock!
- Circadian rhythms influence eating and fasting
- Insulin helps us store fat
- Insulin sensitivity
- Metabolic efficiency



Body Composition

- Health, not pounds
- Lean muscle mass and body fat mass
- Activity level
 - Cardio and strength
- Eating
 - What
 - When

Sleep

- Most overlooked behavior component of weight and health habits
- Trouble falling asleep, staying asleep, or sleeping deeply
- Hot flashes/night sweats
- Sleep hygiene
 - Caffeine
 - Alcohol
 - Meal timing
 - Exercise
- Medication



Monitoring Food/Exercise

- HUGE pain
- Accountability
- Awareness
- Not sustainable and it's not supposed to be
- A bit about exercise tracking.....



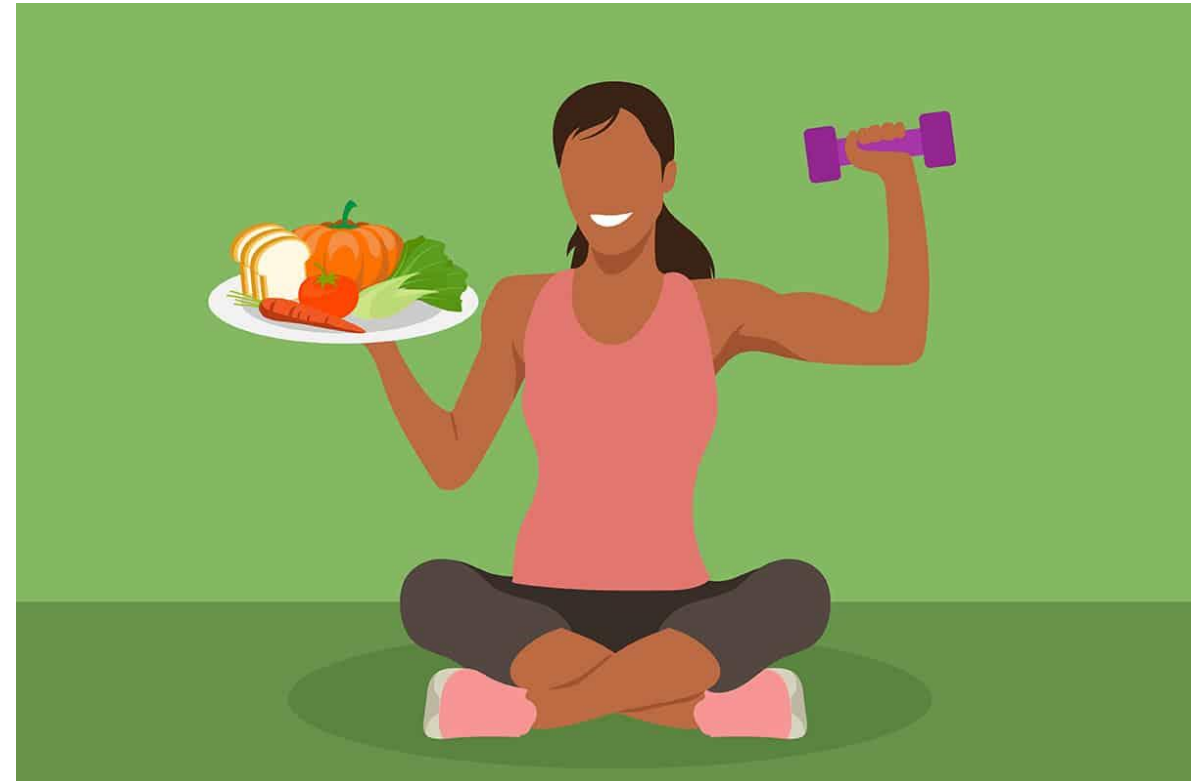
Resting Metabolic Rate

- Number of calories your body burns to perform basic life-sustaining functions
- Significant decline in metabolism in our **60s**
- Resting metabolic rate testing available
 - Meadowmont and NW Cary
 - \$65 for members/\$75 for non-members
 - Fast for at least 8 hours/no exercise prior to testing
 - Determines your baseline caloric needs
 - Includes a consult to interpret results



Key Take-Aways

- Plant-based diet
- Eat protein
- Eat regularly throughout the day
- Strength and cardio



Resources

- *The Menopause Diet Plan* by Hillary Wright, Med, RDN/Elizabeth Ward, MS RDN
- *Today's Dietitian* Vol 16 No 3
- www.todaysdietitian.com
- *Nutrition in Menopausal Women: A Narrative Review*
www.mdpi.com/journal/nutrients

Need additional support?

- Contact Julie at Julie.McNamara@unchealth.unc.edu
- Contact Susan at Susan.Chesser@unchealth.unc.edu

- **Virtual and In-Person Nutrition Counseling is available.** New members receive a complimentary 30 minute session.

- Contact Liz at Elizabeth.watt@unchealth.unc.edu
- 984-974-2552

Coming Up Next!

UNC Wellness Healthy Lifestyle Program: 6-week in-person healthy habit building program

Info session Tuesday, August 23rd 12-1 pm

UNC Wellness Centers at Meadowmont

Food For Thought: September 29 12-1 pm

Topic: TBD

Talk to Me Tuesday: September 27 12:15-1 pm

Menopause and Exercise