

DIETARY GUIDE FOR MENOPAUSE

*Your Essential Dietary Guide for
Menopause:
Nourishing Your Body for
Hormonal Balance and Lasting
Wellness*

BY ADIA MUI

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DIETARY GUIDE FOR PERIMENOPAUSE/MENOPAUSE HEALTH

These meal ideas focus on providing a balance of macronutrients (proteins, fats, and carbohydrates) along with essential vitamins and minerals to support hormonal balance and overall health during perimenopause & menopause.

Prepared by WellNest
WITH LOVE



Adia Mui



Hey i'm Adia

As a **Certified nutritionist** with a Bachelor of Health Science in Clinical Nutrition, I bring a unique blend of Western nutrition science and traditional Asian health practices to my work. With over 330 hours of hands-on clinical experience, I've helped clients manage various health challenges, particularly related to menopause, by developing personalized nutrition plans that address hormonal imbalances, weight management, and age-related concerns.

What sets me apart is my ability to merge modern nutrition science with traditional Asian wellness philosophies. Growing up in an Asian culture, I value holistic health approaches like **養生 (Yang Sheng)**, which focuses on nourishing life and balancing the body. This allows me to combine nutrient-rich foods, mindful practices, and holistic strategies with evidence-based Western nutrition for a **well-rounded approach to wellness**.

In addition to my clinical practice, I hold advanced Diplomas in Human Biochemistry, Food Science, Nutrition, and Quality Control from The University of Hong Kong. This strong foundation in both the science of nutrition and traditional wellness helps me guide people through wellness with tailored solutions that balance modern health strategies with the wisdom of Asian culture.



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Perimenopause/menopause

Dietary suggestions



1. FOCUS ON PHYTOESTROGENS

- **Soy Products:** Incorporate edamame, tofu, tempeh, and miso. Soy isoflavones can help balance hormones.
- **Flaxseeds:** Rich in lignans that act as phytoestrogens, flaxseeds can help with hormonal balance.
- **Legumes:** Beans and lentils are also good sources of phytoestrogens.

2. INCLUDE OMEGA-3 FATTY ACIDS

- **Fatty Fish:** Salmon, mackerel, and sardines are high in omega-3s, which can support mood and cognitive function.
- **Chia Seeds and Walnuts:** Plant-based sources of omega-3s.

3. INCREASE FIBER INTAKE

- **Whole Grains:** Oats, quinoa, and brown rice can help with digestion and regulate blood sugar.
- **Fruits and Vegetables:** Berries, apples, leafy greens, and cruciferous vegetables like broccoli and Brussels sprouts support overall health and hormone balance.

4. STAY HYDRATED

- **Water:** Drink plenty of water throughout the day to stay hydrated and support bodily functions.
- **Herbal Teas:** Chamomile or peppermint tea can be soothing and help with sleep.



Perimenopause/menopause

Dietary suggestions



5. SUPPORT BONE HEALTH

- **Calcium-Rich Foods:** Incorporate dairy products, leafy greens, and fortified plant-based milks to support bone density.
- **Vitamin D:** Ensure adequate vitamin D through sunlight exposure or fortified foods and supplements.

6. MANAGE BLOOD SUGAR

- **Lean Proteins:** Include chicken, turkey, and legumes to stabilize blood sugar levels.
- **Healthy Fats:** Avocados, nuts, and seeds can provide sustained energy and help manage cravings.

7. MINIMIZE PROCESSED FOOD AND SUGAR

- **Avoid Excessive Sugars and Refined Carbs:** These can contribute to weight gain and exacerbate symptoms.
- Swap white rice to brown rice
- White bread to whole Grain

8. INCORPORATE ANTIOXIDANTS

- **Berries, Nuts, and Green Tea:** These foods can help combat oxidative stress and inflammation.
- **Colourful vegetables:** capsicums, carrot, tomato, leafy greens, corn contains vitamin C, lutein, and beta-carotene.

REMEMBER TO TAILOR THESE SUGGESTIONS TO YOUR INDIVIDUAL NEEDS AND CONSULT WITH A HEALTHCARE PROVIDER OR A NUTRITIONIST TO CREATE A PERSONALIZED PLAN.





PERI-MENOPAUSE & MENOPAUSE DIET

Breakfast

Oats with prunes, organic sunflower seeds & ground flaxseeds (1 tbs).
Add some blueberries or stewed fruit.

Flaxseed consumption has been shown to help reduce hot flushes and night sweats. Additionally, flaxseed boosts soluble fiber intake, which aids in the bowel clearance of estrogen, contributing to hormonal balance. Daily consumption of prunes has also been linked to improved bone mineral density.

Lunch/ Dinner

Nori sheets with salmon sashimi, avocado, sesame seeds, edamame & a side of organic miso soup.

Seaweed, such as nori, and sesame seeds are sources of lignans, which function as phytoestrogens. Consuming a diet rich in phytoestrogens may alleviate symptoms of perimenopause. Soy isoflavones, found in edamame and miso, can enhance endothelial function and potentially safeguard cardiovascular health. Additionally, salmon, high in omega-3 fatty acids, may help manage menopausal symptoms while supporting cognitive function and mood.

Chickpeas and spinach cooked in a curry sauce with coconut milk and spices.
Brown rice or whole-grain naan.
A side of cucumber and tomato salad with a sprinkle of flaxseeds.

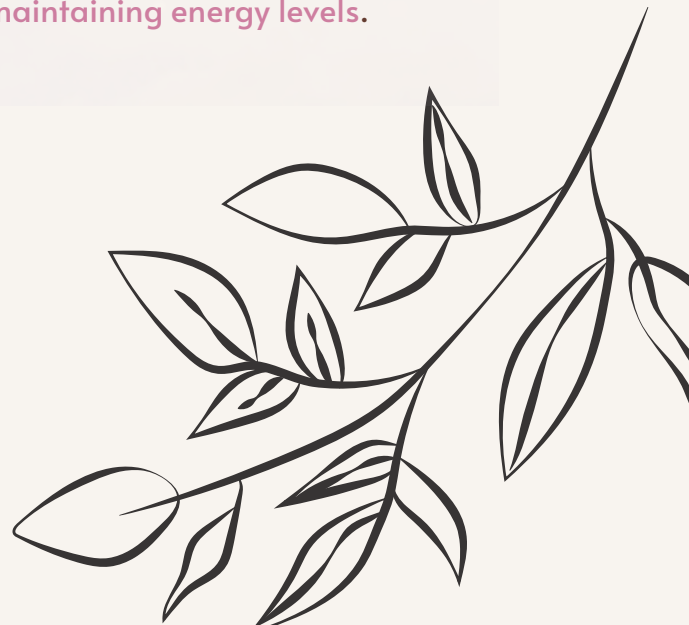
Chickpeas are a good source of isoflavones, which help protect bone health. This is particularly important before menopause, as the decrease in estrogen levels after menopause can negatively affect bone density. Opting for a whole grain sourdough bun over a white fluffy bun can provide more B vitamins, which are essential for supporting the nervous system, improving sleep, and maintaining energy levels.

Snacks

Hummus with Veggie Sticks
Hummus (made from chickpeas for isoflavones)
Carrot sticks, celery, cucumber, and bell pepper slices.

OR

Baked Sweet Potato Chips
Slice sweet potatoes thinly, toss with olive oil, and bake until crisp. Benefits: High in fiber and vitamin A.





PERI-MENOPAUSE & MENOPAUSE DIET

Breakfast

Smoothie with Spinach, Kale, and Fruits

- **Ingredients:** Spinach, kale, banana, apple, a handful of berries, unsweetened almond milk, and a scoop of protein powder.
- **Benefits:** Leafy greens are packed with vitamins and minerals, fruits provide antioxidants, and protein powder ensures adequate protein intake.

Lunch

Grilled Salmon with Quinoa and Steamed Broccoli

- **Main:** Grilled salmon seasoned with herbs and a squeeze of lemon.
- **Side:** Quinoa cooked with a dash of turmeric for added anti-inflammatory benefits.
- **Vegetable:** Steamed broccoli with a sprinkle of sesame seeds.
- **Benefits:** Salmon is rich in omega-3 fatty acids, quinoa provides protein and fiber, and broccoli is high in vitamins and minerals.

Dinner

Tofu Stir-Fry with Brown Rice

- **Main:** Stir-fried tofu with bell peppers, snap peas, and carrots in a light soy or tamari sauce.
- **Side:** Served over brown rice for added fiber.
- **Vegetable:** Include a side of sautéed spinach with garlic.

Chicken and Vegetable Soup

- **Ingredients:** Chicken breast, carrots, celery, onions, garlic, spinach, chicken broth, and herbs.
- **Benefits:** Chicken offers lean protein, vegetables add fiber and vitamins, and broth-based soups can be hydrating and comforting.





PERI-MENOPAUSE & MENOPAUSE DIET

Breakfast

Avocado Toast with Whole Grain Bread

- **Ingredients:** Whole grain bread, ripe avocado, cherry tomatoes, a sprinkle of chia seeds, and a dash of salt and pepper.
- **Benefits:** Avocado is rich in healthy fats and fiber, whole grain bread offers complex carbohydrates and fiber, and chia seeds add omega-3s.

Lunch

Edamame and Vegetable Stir-Fry

- **Main:** Stir-fried edamame with zucchini, bell peppers, and snap peas in a light garlic and ginger sauce.
- **Side:** Served over a bed of quinoa or brown rice.
- **Vegetable:** A side of steamed kale or Swiss chard.
- **Benefits:** colorful vegetables are rich in antioxidants that are good for heart health.

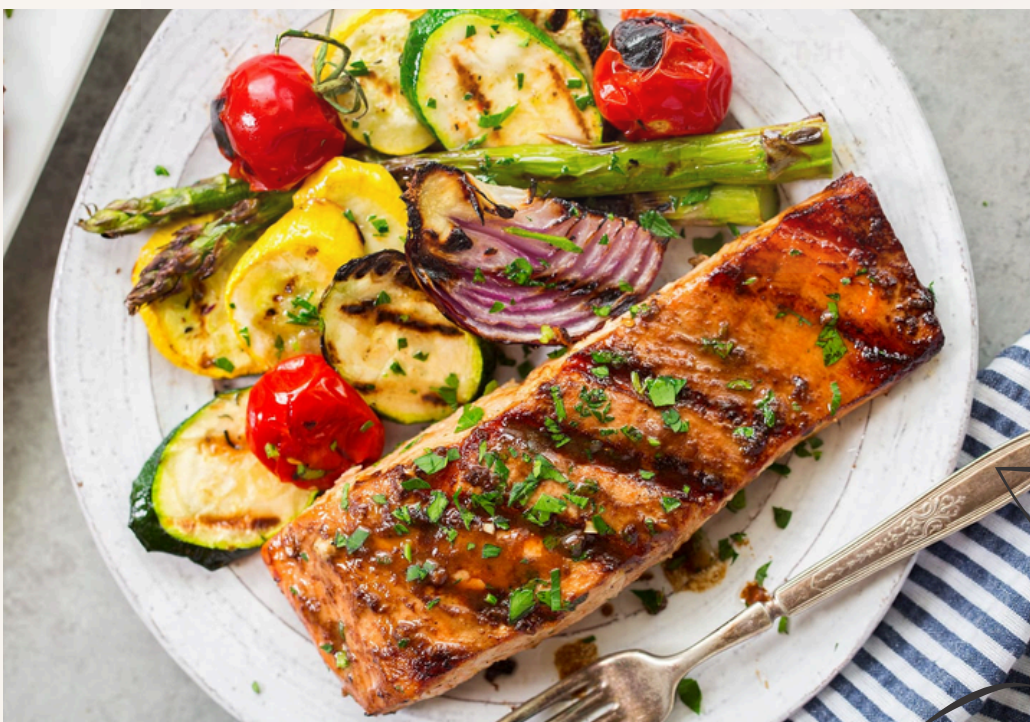
Dinner

Stuffed Bell Peppers

- **Main:** Bell peppers stuffed with a mixture of ground turkey, quinoa, tomatoes, and spices.
- **Side:** A side of mixed greens salad with a sprinkle of chia seeds.
- **Benefits:** Bell peppers are rich in vitamin C, lean meat offers protein, and the combination of beans and grains provides fiber and additional protein.

Lentil and Vegetable Stew

- **Ingredients:** Lentils, tomatoes, carrots, zucchini, onions, garlic, vegetable broth, and spices.
- **Benefits:** Lentils are high in protein and fiber, and the variety of vegetables adds a range of nutrients.





PERI-MENOPAUSE & MENOPAUSE DIET

snacks

Almonds and Walnuts

- **Ingredients:** A handful of raw or lightly salted almonds and walnuts.
- **Benefits:** Nuts are rich in healthy fats, protein, and fiber, which can help manage hunger and provide a steady source of energy.

Greek Yogurt with Honey and Flaxseeds

- **Ingredients:** Greek yogurt, a drizzle of honey, and a tablespoon of flaxseeds.
- **Benefits:** Greek yogurt provides protein and probiotics for gut health, honey adds a touch of natural sweetness, and flaxseeds offer omega-3 fatty acids and fiber.

Carrot and Celery Sticks with Hummus

- **Ingredients**:** Fresh carrot and celery sticks, and a serving of hummus.
- **Benefits:** Vegetables provide fiber and essential vitamins, while hummus offers protein and healthy fats from chickpeas and tahini.

Apple Slices with Almond Butter

- **Ingredients:** One sliced apple and a tablespoon of almond butter.
- **Benefits:** Apples are high in fiber and antioxidants, and almond butter provides protein and healthy fats.

Dark Chocolate with Berries

- **Ingredients:** A small piece of dark chocolate (70% cocoa or higher) and a handful of mixed berries (blueberries, raspberries, strawberries).
- **Benefits:** Dark chocolate contains antioxidants and can satisfy sweet cravings, while berries provide additional antioxidants and vitamins.

Chia Pudding

- **Ingredients**:** Chia seeds, almond milk, a touch of vanilla extract, and a sweetener like honey or maple syrup.
- **Benefits:** Chia seeds are high in omega-3 fatty acids, fiber, and protein. This pudding can be made ahead of time and stored in the fridge for a convenient snack.

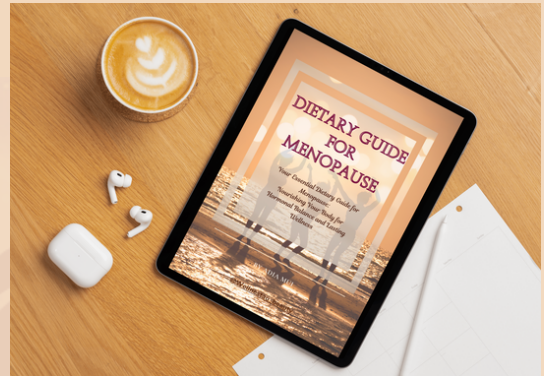
Pumpkin Seeds

- **Ingredients:** A small handful of roasted pumpkin seeds.
- **Benefits:** Pumpkin seeds are rich in magnesium, zinc, and healthy fats, which can support overall health and reduce inflammation.



Thank you!

Menopause is a transition, not a struggle. You can thrive by incorporating the proper nutrition, lifestyle adjustments, and self-care.



Ready to Continue Your Journey?

You've taken the first step towards a healthier you. Now, let's keep the momentum going!

Special Offer:

- ***A 28 days of delicious, Hormonal balance meals,***
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