Foods for Menopause

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Don’t Forget These Foods at the Grocery Store When You Have Menopause

Going grocery shopping soon? Why not purchase some foods for menopause that will ease your symptoms?

The big key to making menopause go easier and minimizing symptoms like hot flashes or mood swings is to have plenty of protein and plenty of fruits and vegetables. All other foods are secondary to these.

Don’t make the mistake that many people make – they get locked into eating only a few fruits and vegetables and a few types of protein and think they are perfectly fine. For example, how many people do you know who will eat chicken just about every night of the week and never touch any red meat? The purpose of eating a variety of foods is to get a whole spectrum of different medicinal compounds found in all of them. With nutrition, the more variety you have, the better off you are.

How many people do you know that only eat head lettuce with a tomato on it for a salad? They seemingly can’t even conceive of the idea that maybe they could have a cucumber and tomato salad, or a cabbage and carrot salad with caraway seed mayonnaise dressing on it. Really, it’s pretty easy to come up with a new idea of how to combine vegetables for a ‘salad’ once a week for five weeks. You could easily do it by looking at what’s in your refrigerator after going grocery shopping.

Thus, why not load up your shopping cart with these vegetables (and fruits) during your next trip to the grocery store (You don’t need a lot of many of them, only a small amount will suffice. Try these fruits and vegetables as great foods for menopause symptoms:

Lemon
Pineapple
Figs
Strawberries
Coconut
Limes
Red Bananas
Watermelon
Honeydew Melon
Raisins
Nectarines
Grapefruit
Mango
Oranges
Blueberries
Raspberries
Bananas
Cherries

Lettuce
Zucchini
Parsnips
Garlic
Yams
Spinach
Celery
Fresh mint
Fresh basil
Nappa cabbage
Carrots
Cucumbers
Kale
Ginger
Swiss Chard
Bibb lettuce
Red potatoes
Parsley

Crenshaw melon
Kumquats
Grapes
Papaya
Apples
Plums
Tangerines
Blackberries
Apricots
Plantain Bananas
Tangelos
Cantaloupe
Dates
Peaches

Fresh oregano
Cabbage
Onions
Bell peppers
Leeks
Sweet potatoes
Turnip greens
Tomatoes
Green Onions
Cilantro
Avocado

You don’t have to pack all these in your cart! Instead, choose about 8 veggies and 4 fruits and you’ll be fine for the week. As you start juicing, you will find you need greater amounts of these fruits and vegetables.

Fruits and vegetables contain phytochemicals in them that mimic estrogen, and thus have the ability to increase your hormone levels. This ends up helping you decrease menopausal symptoms.

Have you been eating enough protein foods? I can always tell which women aren’t by the symptoms they tell me they have. Someone not getting enough protein will have delayed wound healing, their skin won’t look vibrant, their hair will be falling out, they can’t concentrate, have memory problems and can’t make decisions and they have brain fog.

Calculate your protein needs as 4-ounce portion sizes for each meal. This way you’ll have enough. You’ll notice a big difference in how you feel. Do incorporate a variety of protein foods, not just chicken! The ones to choose from include chicken, turkey, duck, capon, goose, lamb, beef, buffalo, venison, elk, fish, shellfish, dairy products and eggs.

Get these two areas of your diet right by starting with your shopping cart and you’ll make a big difference in your symptoms!