

Tips for Feeling Your Best Through the Stages of Menopause



Swipe



1 EAT Enough

This is important for supporting energy and helps ensure you're getting adequate nutrition.

Important nutrients include:

- calcium
- vitamin D
- magnesium
- omega-3 fatty acids



2

Manage Inflammation

- aim for 8–10 hours of sleep
- include sources of omega-3 fatty acids
- explore stress management strategies
- get your fiber



3

Support Gut Health

- include more fiber and probiotic foods
- aim for less added sugar
- reduce stress



4

Include Movement

(but not too much)

Physical activity helps reduce stress and maintain bone density and muscle mass.



Aim to eat within 30 minutes of exercise to reduce inflammation.