Managing Menopausal Symptoms Through Lifestyle Modifications

**Meal Timing**
Consuming the majority of calories earlier in the day and fasting beginning late afternoon/evening can improve inflammation, circadian rhythm (sleep quality), gut microbiota, and lessen weight gain.

**Sample Meal Schedule:**
- 8:00 am: Larger breakfast
- 10:00 am: Snack
- 1:00 pm: Moderate-sized lunch
- 5:00 pm: Light dinner

**Mediterranean Diet**
Following a diet that includes fruits and vegetables, whole grains, cold-water fatty fish, nuts, seeds, legumes, and olive oil can help manage weight and reduce risk for certain chronic illnesses.

**Sample foods include:**
- Apples, peaches, strawberries
- Eggplant, olives, zucchini
- Walnuts, almonds, pistachios
- Lentils, chickpeas, navy beans
- Quinoa, oats, couscous
- Mackerel, salmon, tuna

**Plant Protein**
Increasing dietary sources of plant-based protein can reduce risk for cardiovascular disease.
- 1/2 cup (4 ounces) tempeh: 16-22 grams of protein
- 3 ounces water packed tofu: 6-13 grams of protein
- 1/4 cup soy nuts: 12 grams of protein
- 2/3 cup edamame: 6 grams of protein
- 1/4 cup almonds: 7 grams of protein
- 1/2 cup cooked black beans: 8 grams of protein
- 1/4 cup pumpkin seeds: 8 grams of protein
Physical Activity

Walking: Improvements in sleep as well as a reduction in anxiety and depression seen with about 12.5 miles per week.

Aerobic Exercise: 5 times per week for 30-60 minutes showed a significant reduction in abdominal fat and waist-to-hip ratio. Best results seen with 300 minutes per week.*

- Walking
- Jogging
- Cycling
- Swimming
- Hiking
- Rowing
- Zumba
- Tennis
- Pickle ball

*Achieving 65-75% maximum heart rate for at least 50% of workout

Strength Training: Regular strength training (2-3 days a week) can reduce body fat, increase metabolism, lessen bone density loss, maintain muscle mass, and improve mood.

Getting Started:
- Increase current movement by adding 10 minutes at a time
- Plan ahead based on weekly schedule
- Get support (workout buddy, friends, family, coworkers)
- Focus on activities and movements you enjoy

Sleep

Hormonal changes can lead to various side-effects that interrupt sleep. Inadequate sleep is linked to many chronic health issues including obesity, depression, diabetes, and heart disease. Routines and environments can be created to help improve the quality and length of sleep.

Screens: Blue light from electronics can decrease brain’s natural production of melatonin and make falling asleep more difficult. Experts recommend putting screens away at least 30-60 minutes before bed.

Environment: The ideals sleep environment is a cool, dark room with low noise level and no electronics or pets.

Creating a routine: Maintaining the same sleep schedule 7 days a week is recommended. Leading up to bedtime, follow the same calming activities in low light to signal to the brain that it is time for sleep.

The Mediterranean Diet

Based on how people eat and drink in the 16 countries that border the Mediterranean Sea, this healthy eating plan can reduce your risk of developing heart disease, cancer, high blood pressure, type 2 diabetes, Parkinson’s disease, and Alzheimer’s disease.

The Mediterranean Diet is:

- **Natural**: Focus on minimally processed foods — less than 5 ingredients in any packaged item.
- **Flexible**: Plan for variety — eat different foods each week to make this diet work for you AND your family.
- **Lower Cost**: Save money at the grocery store by buying less red meat, refined grains, desserts, and fast food each month.
- **A Healthy Lifestyle**: Be fit and energetic; reduce your risk of disease, and have fun!
A couple times a month, add roast beef, lamb chop, or pork tenderloin and barley to your half plate of vegetables. For a treat, fix fruit-based desserts like a low-sugar cobbler or berries with low-fat topping.

A couple times a week, fill half your plate with vegetables, and add some chicken or fish and brown rice or quinoa. Enjoy some fruit for dessert.

Most evenings, fill your plate with vegetables that are steamed, roasted, or sautéed in a little olive oil with herbs and spices. Add beans, lentils, brown rice, or whole-grain pasta. If you enjoy red wine, have 1 glass with your meal.

A couple times a week, have a piece of grilled chicken or a turkey sandwich on whole-wheat bread. Add tomatoes, lettuce, and avocado to your sandwich. Enjoy some low-fat cottage cheese with fruit.

Three to four mornings a week, enjoy some eggs. Experiment with poached eggs over whole-wheat toast or maybe a bean and low-fat cheese burrito.

Clean out your pantry; throw away highly processed foods. Reduce red meat; replace with fish and poultry. Try fruit instead of sweets for dessert.

Slowly add more fruits and vegetables into every meal (see Sample Recipes). Use olive oil, herbs, and spices for flavor instead of salt and butter.

Start eating plant-based foods 80% of the time. Grab a handful of nuts or fruit for a snack.

Making the Move to the Mediterranean Diet

Limit your dairy to low-fat milk, yogurt, and cheese. Prefer brown rice and whole-grain bread.
### Mediterranean Salad

**Ingredients:**
- 4 cups salad greens
- 2 medium tomatoes, chopped
- 3 medium cucumbers, chopped
- ½ red or purple onion, sliced
- 8 ounces feta cheese

**Vinaigrette:**
- ½ cup sun-dried tomatoes, packed in oil
- 2 tablespoons balsamic vinegar

**Instructions:**
1. Layer salad greens, tomatoes, cucumber, onion, and feta cheese onto serving platter or in a bowl.
2. Drain the sun-dried tomatoes, reserving ½ cup of the oil.
3. Blend tomatoes, reserved oil, and vinegar in a blender, then lightly pour the vinaigrette over the salad before serving.

**Makes 4–6 servings**

### Roast Salmon

**Ingredients:**
- Grated lemon and/or orange peel
- 2 teaspoons coarse salt (e.g., Kosher salt)
- 2 teaspoons sugar
- 1½ teaspoons white pepper
- 1 teaspoon ground coriander (or fresh cilantro)
- 4–6 Salmon filets (4 ounces each)
- Lemon and orange slices

**Instructions:**
1. Mix grated lemon/orange peel, salt, sugar, pepper, and coriander (or cilantro).
2. Rub on fish, and wrap in plastic wrap. Refrigerate for about 2 hours.
3. Remove from refrigerator and wipe most of the rub mixture off the fish.
4. Make a layer of sliced oranges and lemons in a glass baking dish. Place fish skin-side down on top.
5. Roast 8–12 inches from top of oven on broil for about 10 minutes/inch of thickness or until the fish is opaque and flaky, (about 12–15 minutes). Watch closely while under broiler to prevent burning the fish.

**Makes 4–6 servings**

### Vegetarian Black Bean Quinoa Burgers

**Ingredients:**
- 2 (15 ounce) cans of black beans, rinsed and strained
- 1 shallot, chopped
- 1 garlic clove, minced
- 1–2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- Salt and pepper to taste
- Grated peel and juice of 1 lime
- 2 teaspoons hot sauce of choice
- 1¼ cup cooked quinoa
- 1 egg white
- Gluten-free flour (as needed)

**Instructions:**
1. Reserve ½ cup black beans, and set aside.
2. Add the remaining beans, shallot, garlic, spices, grated lime peel, lime juice, and hot sauce into the bowl of a food processor fit with a steel blade. Process until the mixture is the texture of a very chunky puree.
3. Transfer mixture to a mixing bowl.
4. Add the remaining beans, cooked quinoa, and egg white, and stir together to form your “dough.” If the dough feels too sticky and isn’t holding together as you shape the patties, add some gluten-free flour, 1 tablespoon at a time, until they are easier to shape (but it will still be sticky!).
5. Shape mixture into 6 patties, and chill in the refrigerator for at least 1 hour, or longer if you have time.
6. Preheat oven to 375°F. Line a baking sheet with tin foil or parchment paper. Transfer burgers to baking sheet.
7. Bake for 20–30 minutes, (carefully) flipping halfway through until both sides are browned.
8. Let rest for 5 minutes, then serve.

**Makes 6–8 patties**

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For more recipes and cooking tips, see: oldwayspt.org/recipes
### Go! Eat daily — no restrictions

#### Vegetables
- Artichoke
- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Coleslaw (packaged, no dressing)
- Cucumber
- Daikon
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Spinach
- Sprouts
- Squash (summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnips
- Water chestnuts
- Yard-long beans

#### Fruits
- Apples
- Avocados
- Bananas
- Blackberries
- Blueberries
- Figs
- Grapes
- Kiwis
- Melons
- Nectarines
- Peaches
- Oranges
- Pomegranates
- Plums
- Raspberries
- Strawberries

#### Herbs, Spices, and Oils
- Basil
- Chili Powder
- Chilies
- Cinnamon
- Cloves
- Cumin
- Dill
- Garlic
- Ginger
- Fennel seed
- Marjoram
- Mint
- Canola oil
- Oregano
- Parsley
- Pepper
- Rosemary
- Saffron
- Sage
- Tarragon
- Thyme

#### Whole Grains
- Almonds
- Black-eyed peas
- Cashews
- Chickpeas (garbanzos)
- Flax/flaxseed
- Kidney beans
- Lentils
- Lima beans
- Peanuts
- Pine nuts
- Pistachios
- Seeds
- Split peas
- Sunflower seeds
- Walnuts

#### Beans/Legumes, Nuts & Seeds
- Barley
- Brown rice
- Buckwheat
- Bulgur
- Couscous
- Faro
- Kamut
- Oatmeal
- Polenta
- Quinoa
- Wheatberries
- Whole-grain breads, rolls, tortillas, and pasta

### Slow! Enjoy in moderation throughout the week

#### Fish & Seafood
- Clams
- Cod
- Crab
- Halibut
- Mussels
- Orange Roughy
- Red Snapper
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- Chicken
- Eggs
- Turkey
- Cottage cheese
- Greek yogurt
- Kefir
- Low-fat cheese
- Low-fat milk
- Low-fat yogurt

#### Meat
- Beef
- Elk
- Lamb
- Pork
- Veal
- Venison
- Cakes
- Candy
- Cookies
- Custards
- Donuts, Pastries
- Pies

#### Sweets
A GRAIN, A GREEN & A PROTEIN

A simple formula to streamline cooking and allow for creativity and innovation in the kitchen.

COMPONENT COOKING

Choose a few of the ingredients from each category below. They can be mixed and matched according to your preferences. Choose a combination plus a flavor profile and you are ready to eat!

1. **START WITH A GRAIN**
   - Brown rice
   - Couscous
   - Quinoa
   - Whole grain noodles
   - Soba noodles
   - Farro

2. **ADD A GREEN**
   - Roasted vegetables
   - Grilled squash
   - Fresh tomato
   - Cucumber
   - Spinach or mixed greens

3. **ADD IN PROTEIN**
   - Hard-boiled egg
   - Chickpeas
   - Edamame
   - Lentils
   - Chicken
   - Shrimp

4. **DRESS IT UP**
   - Choose a flavor profile
   - Herbs and spices
   - Acid - Citrus, vinegar
   - Tahini
   - Pesto
   - Chimichurri
   - Salad dressing*

*Make your own dressings and store them in the freezer.

EXAMPLES

**MEXICAN**
1. Brown rice
2. Red pepper, red onion, tomato, roasted sweet potato, avocado
3. Black beans or chicken
4. Lime, cilantro, cumin, salt, pepper, salsa

**GREEK**
1. Whole wheat couscous
2. Roasted red pepper, red onion, spinach, olives, cucumber, tomato
3. Chickpeas, chicken, or lamb
4. Parsley, lemon juice, garlic, tahini, feta, walnuts

**ITALIAN**
1. Whole grain pasta
2. Stewed tomatoes, garlic, roasted red pepper, spinach
3. Chicken, beef or white beans
4. Basil, Parmesan cheese, lemon
It is recommended to make physical activity changes in steps, as your body might not be ready for big changes all at once. Once you feel comfortable in a routine, evaluate how to make it more challenging by revisiting the FITT principle. Set a SMART goal to help this process.

**USING THE FITT PRINCIPLE**

- **Frequency**
- **Intensity**
- **Time**
- **Type**
BEDTIME ROUTINE

BEGIN 30-60 MINUTES BEFORE BED AT: 8:30 PM

☐ DIM LIGHTS AND TURN OFF ELECTRONICS
☐ BRUSH AND FLOSS TEETH
☐ WASH FACE AND SKINCARE
☐ CHANGE INTO COMFORTABLE SLEEPWEAR
☐ SET A RELAXING ATMOSPHERE
☐ SELECT A CALMING ACTIVITY (JOURNALING, PUZZLE, KNITTING, ETC.)
☐ STRETCH/FOAM ROLL
☐ MEDITATE
☐ READ OR LISTEN TO CALMING PODCAST/MUSIC
☐ GET INTO BED AT 9:30 PM
BEDTIME ROUTINE

BEGIN 30-60 MINUTES BEFORE BED AT: ________________

- DIM LIGHTS AND TURN OFF ELECTRONICS
- ________________
- ________________
- ________________
- ________________
- ________________
- ________________
- GET INTO BED AT ________________

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