

# WHAT HAPPENS TO YOUR BODY DURING MENOPAUSE?

## BODY CHANGES

### HAIR AND SKIN

- Oestrogen levels fall, hair growth slows, hair becomes thinner
- Skin loses elasticity and becomes drier

### BREASTS

- Body fat increases and skin elasticity decreases
- You may see a reduction in glandular tissue of breasts. Tissue is replaced with fat

### URINARY SYSTEM

- Changes in bladder and urethra can lead to involuntary urine leakage, infection or painful urination



### BONES

- Gradual bone fragility as oestrogen production declines
- Bone mass decreases and bones can break easily

### HEART AND CIRCULATORY SYSTEM

- After menopause, the risk of a heart attack rises steadily
- Decrease in oestrogen changes levels of cholesterol and other blood fats

### REPRODUCTIVE SYSTEM

- Erratic periods
- Ovaries no longer produce eggs
- Thinner and drier vaginal wall

## SYMPTOMS

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Vaginal dryness
- ✓ Joint pain
- ✓ Mood swings
- ✓ Decreased libido
- ✓ Weight gain
- ✓ Sleep disturbances
- ✓ Irregular menstrual periods

Note: About 75% of women report symptoms, but the severity and frequency of symptoms vary from woman to woman.

# FOOD SOURCES OF VITAMIN C

WWW.REALGOODEATS.CA



**YELLOW PEPPER**  
144mg - ½ cup



**RED BELL PEPPER**  
100mg - ½ cup



**KIWI**  
90mg - 1 fruit



**MUSTARD GREENS**  
82mg - 1 cup



**KALE**  
80mg - 1 cup



**ORANGE**  
70mg - 1 medium



**GREEN BELL PEPPER**  
63mg - ½ cup



**PUMMELO**  
61mg - ½ cup



**STRAWBERRIES**  
50mg - ½ cup



**GRAPEFRUIT**  
47mg - ½ fruit



**PAPAYA**  
45mg - ½ cup



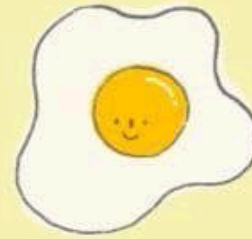
**BROCCOLI**  
42mg - ½ cup



**MUSHROOMS**  
also high in  
B Vitamins



**VITAMIN D**  
**FORTIFIED DRINKS**  
orange juice, almond milk



**EGG YOLKS**  
plus Vitamin A, E,  
B6, B12, iron, zinc,  
selenium, calcium

## Sources of



**TUNA**  
plus Vitamin A,  
B6, B12  
the smaller the tuna,  
the lower the  
mercury

# VITAMIN D



**SPINACH**  
plus iron, calcium,  
Vitamin A, C, K, E,  
B9, fibre

for  
Better

## GUT HEALTH



**SAFE SUN EXPOSURE**  
short bursts,  
don't burn!



**FATTY FISH**  
wild caught salmon,  
sardines, herring

# 10 TOP SOURCES OF MAGNESIUM



## Dark Leafy Greens

½ Cup cooked spinach  
80gm



## Sunflowers Seeds

¼ Cup  
80gm



## Almonds

¼ Cup  
62gm



## Avocado

1 Medium  
64gm



## Quinoa

½ Cup cooked  
60gm



## Black Beans

½ Cup cooked  
60gm



## Dark Chocolate

>72%  
1 Oz. = 64mg



## Pepitas

¼ Cup  
42gm



## Banana

1 Large  
37gm



## Salmon

4 Oz. Cooked  
30gm

CARE YOUR HEALTH

# PLANT BASED CALCIUM SOURCES

@elevatenutritionteam



**Tofu**  
250 mg/100 g



**Soybeans**  
175 mg/cup



**Spinach**  
145 mg/0.5 cup



**Tahini**  
120 mg/1 tbsp



**Edamame**  
100 mg/cup



**Chickpeas**  
80 mg/cup



**Chia Seeds**  
75 mg/1 tbsp



**Orange**  
65 mg/1 unit



**Broccoli**  
60 mg/cup



**Fig**  
40 mg/2 unit



**Sweet Potato**  
40 mg/medium unit



**Carrot**  
40 mg/medium unit



**Almond**  
30 mg/9 nuts



**Quinoa**  
30 mg/1 cup



**Tomato**  
30 mg/2 unit



**Arugula**  
30 mg/cup

**ELEVATE**