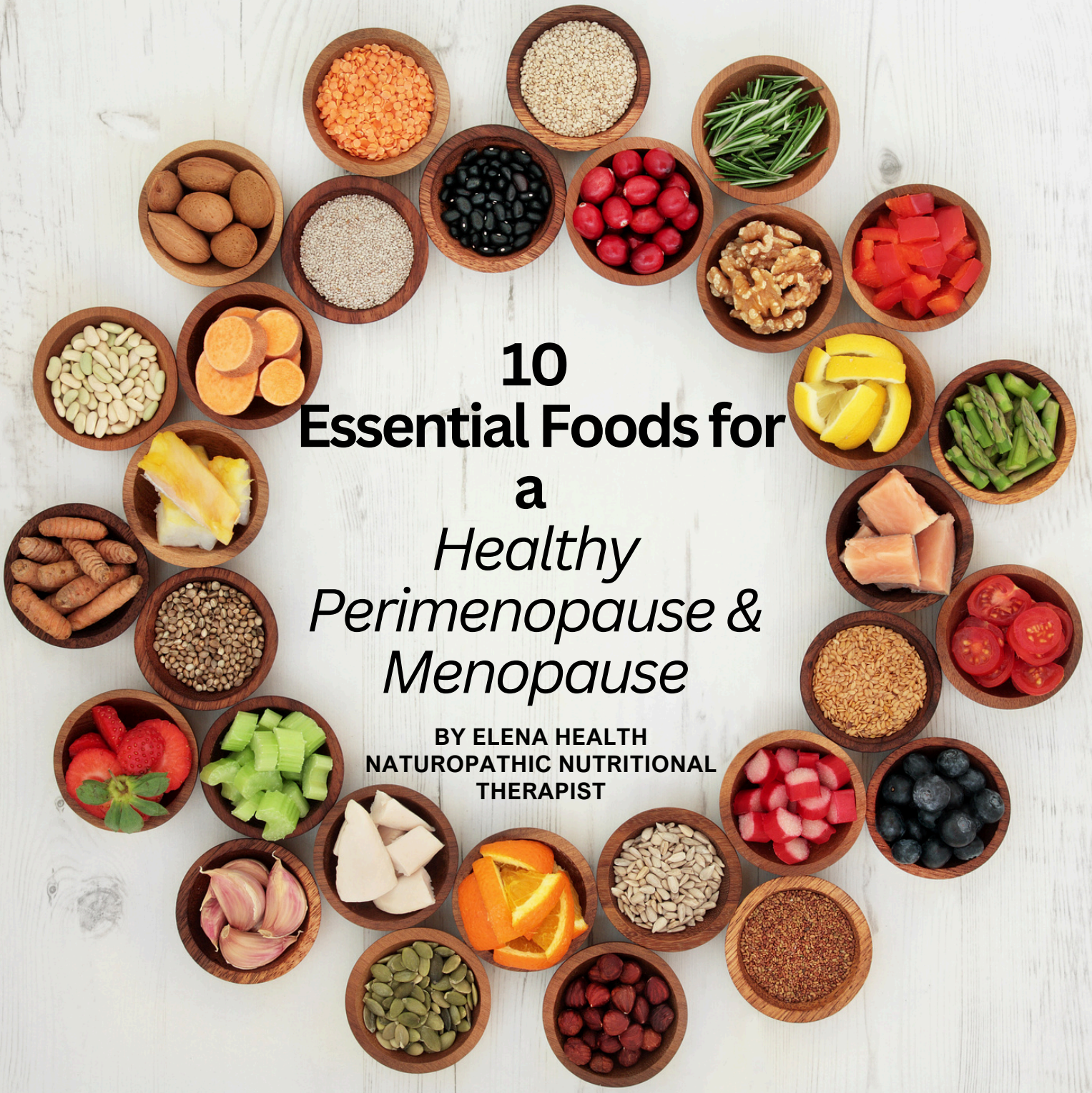




Natural Health Solutions

Elena Health



10 Essential Foods for a *Healthy Perimenopause & Menopause*

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Support your hormones, mood, energy, bones, and overall wellbeing with simple, evidence-based nutrition.

1. Leafy Greens

(spinach, kale, rocket, cabbage, watercress, chard, bok choy, lettuce)

Key benefits:

Magnesium — nature's calmer. Supports the nervous system, stress response, energy production, and helps relax tense muscles.

Calcium — leafy greens contain twice as much calcium per 100g as cow's milk.

Vitamin D synergy — together with magnesium and calcium supports strong bones.

Iron & Vitamin C — energy, immunity, collagen production.

How to use: add to salads, soups, stews, omelettes, smoothies.



2. Protein

Animal proteins: lean meat, fish, eggs, yogurt

Plant proteins: lentils, chickpeas, nuts, seeds, quinoa

Benefits:

Building & repairing tissues, muscles, hair, nails

Preventing age-related muscle loss (up to 40% muscle decline in midlife!)

Stable blood sugar → fewer cravings

Neurotransmitter production → better mood & motivation

Supports weight management

Aim for protein at every meal.





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3. Broccoli & Cruciferous Vegetables

(cabbage, cauliflower, rocket, bok choy, Brussels sprouts)



Cruciferous vegetables contain a unique mix of:

Anti-inflammatory compounds

Antioxidants

Pro-detoxification nutrients (e.g., **sulforaphane**)

They support liver function — essential for processing and clearing old hormones.

How to use: steamed, roasted, stir-fried, in soups or salads.

4. Flaxseeds

The richest source of lignans, the main phytoestrogens in Western diets.

Benefits:

Hormone balancing

Fibre for digestion & microbiome

Omega-3 fats for mood, skin & inflammation

Protein for balanced blood sugar

How to use: 1 tbsp freshly ground daily (porridge, smoothies, soups, dressings).

! **Always grind** — nutrients are inside the shell.





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5. SMASH Fish

(Salmon, Mackerel, Anchovies, Sardines, Herring)



A powerhouse of omega-3 fatty acids, essential for:

Brain, heart & skin health

Reducing inflammation and cramps

Easing joint pain

Supporting mood, memory and focus

They also contain small amounts of vitamin D.

★ Sardines are the star — they provide 5× more calcium per 100g than cow's milk because we eat the bones.

How to use: 2–3 servings weekly.

6. Eggs

Eggs are incredibly nutrient-dense:

High-quality protein

B vitamins for energy & mood

Omega-3s (if pasture-raised)

Iodine, selenium, zinc, calcium, iron

Support:

Cognitive function (brain fog, low concentration)

Red blood cell production

Anxiety & nervous system health

How to use: 1–2 eggs/day depending on needs.





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7. Red Pepper & Brightly Coloured Vegetables



One of the best natural sources of vitamin C, crucial for:

Collagen production → bone + skin health

Immune support

Liver detoxification pathways

How to use: raw in salads, roasted, blended into soups or dips.

8. Organic Natural Yogurt & Kefir



Quick source of calcium and probiotics.

Benefits:

Supports gut microbiome

Improves digestion & immunity

Lactobacillus strains also help maintain a healthy vaginal microbiome

How to use: with berries, nuts, seeds; in smoothies or dressings.

9. Pulses

(lentils, chickpeas, beans)

A perfect combination of lean protein + fibre + micronutrients (iron, zinc, magnesium, B vitamins).

Benefits:

Excellent for blood sugar balance → reduces stress hormones & menopause symptoms

Support energy, digestion and hormone health

Reduce sugar cravings

How to use: curries, chilli, soups, salads, dips.





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10. Fermented Soybeans

(miso, tempeh, natto) & Organic Tofu

Rich in isoflavones — phytoestrogens that gently mimic estrogen in the body.

Benefits:

Reduced hot flashes

Fewer night sweats

Improved hormone balance

Better mood stability



Want to Balance Your Hormones Naturally?

Small daily nutrition changes can dramatically improve
perimenopause & menopause symptoms.



✉ Work with a qualified nutritionist for personalised support.

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