



# Nutrition for Women in Middle-Age and Beyond

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# Lifestyle & Women's Health

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- ▶ **Leading threats to women's health:**
  - ▶ Heart disease
  - ▶ Stroke
  - ▶ Cancer
  - ▶ Chronic lower respiratory disease
- ▶ **Contributing lifestyle factors:**
  - ▶ Screenings/Primary Care
  - ▶ Stress Management
  - ▶ Sleep
  - ▶ Physical Activity
  - ▶ **Nutrition**



# Nutrition for Women

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## ▶ Important Nutrients

- ▶ Iron
- ▶ Calcium
- ▶ Vitamin D
- ▶ Omega 3 fatty acids
- ▶ Phytoestrogens

## ▶ Weight Management

- ▶ Hormones & health
- ▶ Strategies for a healthy weight

## ▶ Dietary Strategies for Managing Menopause

## ▶ Nutrition Beyond Middle Age

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# Important Nutrients: Iron

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## ▶ Recommendations:

- ▶ Females 19-50 years old – 18mg daily
- ▶ Females 51+ years old – 8mg daily\*

## ▶ Animal Sources:

- ▶ Red meat
- ▶ Poultry
- ▶ Fish & shellfish
- ▶ Egg yolks

## ▶ Plant Sources:

- ▶ Leafy greens
- ▶ Beans/lentils
- ▶ Fortified breads & cereals
- ▶ Nuts/seeds
- ▶ Dried Fruits

*\*Iron supplementation is not recommended for women over 50*



# Important Nutrients: Calcium

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## ▶ Recommendations:

- ▶ Females 19-50 years old – 1,000mg daily
- ▶ Females 51+ years old – 1,200mg daily

## ▶ Sources:

- ▶ Dairy products
- ▶ Canned fish (with bone)
- ▶ Fortified foods & beverages
- ▶ Tofu
- ▶ Leafy greens
- ▶ Cruciferous vegetables



## ▶ Supplements: What to know

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# Important Nutrients: Vitamin D

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## ▶ Recommendations:

- ▶ RDA: 600 IU (15mcg)

## ▶ Sources:

### ▶ Foods

- ▶ 1 tablespoon Cod liver oil = 1,360 IUs
- ▶ 3 ounces Salmon = 450 IUs
- ▶ 3 ounces canned Tuna = 150 IUs
- ▶ 1 cup fortified milk = 80 IUs
- ▶ Egg (large) = 40 IUs

### ▶ Sunlight

## ▶ Supplements: What to know



# Important Nutrients: Omega 3's

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## ▶ Recommendations:

- ▶ At least two (3.5 ounce) servings of fatty fish a week
  - ▶ Salmon, mackerel, herring, lake trout, sardines, albacore tuna
- ▶ Incorporate plant-based omega-3's regularly
  - ▶ Flaxseeds
  - ▶ Canola oil
  - ▶ Walnuts
  - ▶ Soybeans



## ▶ Omega-3/Omega-6 balance:

- ▶ Sources of omega-6 fatty acids
  - ▶ Vegetable oils (primarily from processed or fast foods)
  - ▶ Grain-fed meats

## ▶ Supplements: What to know

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# Important Nutrients: Phytoestrogens

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## ▶ Examples:

- ▶ Isoflavonoids – soybeans, soy products
- ▶ Lignans – bran, flaxseeds, beans
- ▶ Coumestan – beans, sprouts

## ▶ The soy and breast cancer debate:

- ▶ Evidence largely points to protective effect of soy
  - ▶ Timing and source of soy appears to influence benefits
  - ▶ Whole foods verses supplements

## ▶ Recommendations:

- ▶ 1-2 daily servings of soy-based foods
  - ▶ Examples: soy milk, tofu, tempeh, edamame
- ▶ Limit soy supplements
  - ▶ **Isolated Soy Protein** (protein powders, bars, processed snack foods)





# Weight Management

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## ▶ Hormones & Health

### ▶ Roles of Estrogen

- ▶ Maintenance of bone mass
- ▶ Cellular division
- ▶ Heart disease protection
- ▶ Storage and distribution of body fat

### ▶ The perimenopausal transition

- ▶ Can occur 3-10 years before menopause
- ▶ ↓ Estrogen
  - ↓ metabolism
  - Weight gain
  - Fat shift to abdomen
  - ↑ risk for heart disease



# Weight Management

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## ▶ Effects of Menopause on Weight

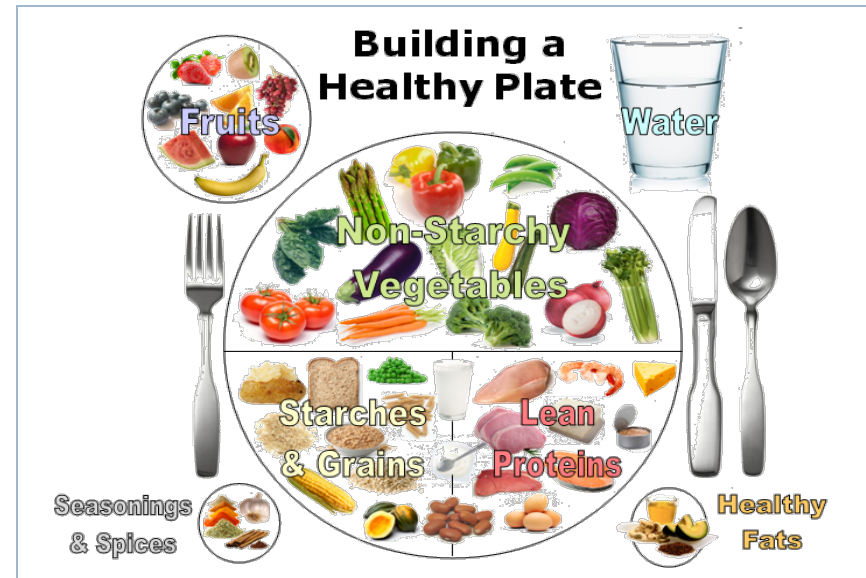
- ▶ “Unexplained” weight gain
- ▶ Abdominal fat
  - ▶ Subcutaneous vs. Visceral
  - ▶ Increased risk for:
    - Cardiovascular disease
    - Type 2 diabetes
    - Cancer
    - Premature death
- ▶ Declining metabolism makes it difficult to maintain or lose weight – must create new habits



# Weight Management

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- ▶ **Plan for your body's metabolic slowdown**
  - ▶ Balance your diet
    - ▶ ↑ intake of vegetables
    - ▶ Stick to lean proteins
    - ▶ Eat your beans
    - ▶ Choose whole grains
  - ▶ Cut back where you can
    - ▶ Reduce portions
  - ▶ Beware of health saboteurs
    - ▶ Processed foods
    - ▶ Red meat
    - ▶ Refined sugars



# Weight Management

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## ▶ Plan for your body's metabolic slowdown

### ▶ Be physically active

#### ▶ Intentional exercise

- Power walking
- Running
- Cycling
- Swimming

#### ▶ Active lifestyle

- Take the stairs
- Walk to work
- Sit less, move more

### ▶ Build strength

### ▶ Stretching



# DIETARY STRATEGIES FOR MANAGING MENOPAUSE

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## ▶ Avoid “Trigger” Foods

- ▶ Caffeine
- ▶ Alcohol
- ▶ Spicy Foods

## ▶ Soy & Isoflavones

- ▶ Effects of a soy-rich diet
  - ▶ China and Japan – 20% incidence of hot flashes
  - ▶ Western Countries – 85% incidence of hot flashes

## ▶ Complex Carbohydrates for Sleep

- ▶ Boost serotonin levels
- ▶ Try: milk, whole-grain toast, sweet potato



# DIETARY STRATEGIES FOR MANAGING MENOPAUSE

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- ▶ **Alternative Therapies**
  - ▶ Herbs & Nutritional Supplements
    - ▶ Unregulated by FDA
    - ▶ Lack of standardization
  - ▶ Common Treatments
    - ▶ Black Cohosh
    - ▶ Evening Primrose Oil
    - ▶ Dong Quai
  - ▶ Supplement Warning Signs
    - ▶ Promotion
    - ▶ Claims
    - ▶ Source
    - ▶ Ingredients
    - ▶ Testimonials



# NUTRITION BEYOND MIDDLE AGE

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## ▶ Changes in Taste

- ▶ ↓ sensitivity to salt
- ▶ Maintained ability to taste sweetness

## ▶ Dehydration

- ▶ ↓ ability to conserve water
- ▶ Less attuned to thirst
- ▶ Bladder complications
- ▶ Medications

## ▶ B12

## ▶ Fiber





# Nutrition for Women in Middle-Age and Beyond

QUESTIONS?