

Nutrition Priorities During Perimenopause & Menopause

Your body changes throughout life, and nutrition needs change too. The goal is not restriction — it is focusing on strategies that support your health, strength, and well-being.

Symptoms

Is there anything I can do nutritionally to have symptom relief?

Symptoms vary greatly from person to person. Nutrition cannot eliminate symptoms, but a balanced diet and regular exercise, and healthy habits will support you during this stage.

Balanced Diet

Focus on

- Fruits
- Vegetables
- Whole grains
- Protein variety
- Healthy fats

Limit when possible

- Saturated fat
- Salty foods
- Added sugar

Remember balance and variety!

Bone Health

Bone Mineral Density Loss

This is very common during the menopausal transition and it increases risk for fractures and frailty. Keep your bones strong by getting enough Calcium and Vitamin D!

Calcium

Calcium needs increase to 1200 mg for individuals who undergo menopause ages 51+

Sources: dairy, fish, fortified orange juice, leafy greens

Vitamin D

Vitamin D helps your body absorb and use calcium.

Sources: sunlight, fatty fish, mushrooms, fortified milk and orange juice

Remember to include resistance exercise!

Seeking Help?

When should I seek help?

- Symptoms are impacting your quality of life
- Questions about supplements
- Medical conditions are impacting your dietary needs

Find a Registered Dietitian
Near You



Find a Menopause-
Certified Practitioner



USU Extension Midlife
Health Social Media



Calculating Protein Needs

1. Find your weight in kilograms
 - a. Take your weight in pounds and divide by 2.2
2. Choose the recommendation that best fits your current lifestyle
 - a. General minimum recommendation: 0.8 g/kg/day
 - b. Menopausal transition and regular resistance training: 1.0-1.2 g/kg/day
3. Multiply your weight in kilograms by the grams of protein
 - a. You now have your daily needs!
4. Divide by the number of meals and snacks you typically eat per day to find how much to aim for at each meal/snack

*These are general recommendations. Individual needs may differ depending on health conditions, medications, or medical advice.

Worksheet

1. _____ lbs $\div$ 2.2 = _____ kg
2. Select one
 - a. Low activity: 0.8 g
 - b. Exercising regularly: 1.0-1.2 g
3. _____ kg $\times$ 0.8 g = _____ g
minimum protein per day
4. _____ kg $\times$ 1.0 g = _____ g
5. _____ kg $\times$ 1.2 g = _____ g
6. _____ g protein per day $\div$ _____
meals & snacks per day = _____ g
protein per meal/snack

Grams of protein per day:

Grams of protein per meal:

Protein Sources

Animal Sources

- Eggs
- Fish: cod, halibut, salmon, trout, tuna
- Poultry: chicken, turkey, duck
- Meat: pork, beef, lamb
- Dairy: milk, yogurt, cheese, cottage cheese

Plant Sources

- Soy: tofu, tempeh, edamame, soy milk
- Quinoa
- Chia Seeds
- Legumes: beans, lentils, peas, split peas, black-eyed peas
- Whole Grains: oats, brown rice, whole wheat
- Nuts/Seeds: pistachios, almonds, walnuts, cashews, pecans, peanuts, nut butters

Sources & Amounts List



Meal Ideas

Breakfast

- Yogurt & granola + berries & nuts
- Eggs & toast + fruit

Lunch

- Salad + hard boiled egg & quinoa
- Tuna sandwich on whole wheat bread

Dinner

- Baked fish with brown rice and vegetables
- Chickpea pasta salad

Snacks

- Peanut butter + apples
- Hummus + vegetables & crackers
- Cottage cheese + fruit

My nutrition goal is to...