

Top Ten Smart Eating Tips for Menopause

1. Support your liver

Start each day with hot water and half a freshly squeezed lemon to support your liver and aid the detoxification process. Aim to make this a permanent lifestyle change.

2. Eat three meals a day

Don't be tempted to skip breakfast! Eating breakfast helps stabilize your blood sugar levels, which helps regulate your energy levels. A protein rich breakfast with good fat such as scrambled egg and avocado will keep you feeling fuller for longer.

3. Prepare and plan

Batch cook meals such as soups, curries and chillis at home so you don't need to rely on packaged foods and takeaways just because they're quick and convenient. Always have healthy snacks to hand such as nuts, olives and fruit but don't eat them unless you're actually hungry!

4. Stay hydrated

Drink at least 2 litres of water a day. The thirst and hunger sensations are triggered together and if you're slightly dehydrated you can mistake thirst for hunger and eat when actually what your body needs is fluid.

5. Eliminate caffeine

Caffeine is a known trigger for hot flushes, anxiety and mood swings and disrupts your sleep patterns so start reducing your consumption today and avoid drinking it after midday.

6. Reduce alcohol

Alcohol is a known trigger for hot flushes, palpitations and night sweats and disrupts sleep patterns so start reducing your intake. Aim to avoid alcohol during the 10 days and thereafter set yourself a target to drink no more than once a week.

7. Don't be afraid of fat

You need fat in your diet to stay healthy. Your brain is 60% fat – you can't think straight if you don't consume enough good fat. Good fats include olives, butter and nuts.

8. Include protein at every meal

Good sources of protein include: lean chicken, lean turkey, fish, eggs, quinoa, pulses and beans.

9. Eat your veg!

You can't eat too many vegetables and your liver especially loves green vegetables. Ideally veg should make up nearly half of your meal for two meals each day.

10. Snack ideas

- Handful of nuts
- Handful of berries
- Veggie sticks and hummus
- Piece of fruit
- Handful of granola
- Handful of olives
- 1 - 2 tsp nut butter
- Hard boiled egg