

Diet Strategies for the Nutritional Needs of Postmenopausal Women

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- **Use Healthy Fats for a Healthy Heart and Strong Immune System**
Monounsaturated oils like olive, canola and peanut oil are best
Use trans fat free margarines, like those made from plant stanols
Try avocado (small sliver) on your toast instead of margarine, butter or cream cheese
Use added oils, dressings and fatty spreads sparingly
Try flaxseed oil/flaxseed products to provide plant sources of omega 3 fatty acids
Eat fatty fish 2-3 times a week
- **Use Less Saturated Fat, Trans Fat and Cholesterol-Rich Foods**
Choose lean protein foods and nonfat dairy products
Use low fat food preparation methods
Limit red meat portions to 3 oz., no more than 3 times a week
Limit or avoid commercially baked goods – cookies, cakes and fried foods
Try egg whites in your omelets
Read labels – avoid products with palm, coconut and hydrogenated oils
- **Eat a Plant-Based Diet for Fiber, Vitamins, Minerals & Phytochemicals**
Eat 5-9 servings a day of fruits and vegetables – a variety of colors and types
Eat at least 3 servings whole grain products each day
Include beans, legumes and soy products in your diet plan weekly
Snack on a handful of nuts daily (walnuts and almonds are best)
Make sure you include soluble fiber – oats, barley, beans, citrus fruits, peas, etc.
Sip on green or black tea. Indulge in 1 oz. dark chocolate (70% cocoa at minimum)
- **Include Calcium and Vitamin D Rich Foods in Your Diet**
Use fortified nonfat dairy products, 2 -3 servings a day
Try calcium fortified products such as cereals, waffles and juices
Try calcium fortified soy products
Ten minutes of safe sun helps activate Vitamin D in your skin
Use a calcium supplement with Vitamin D if unable to meet needs through diet
- **Eat Less Cured, Smoked Foods – Limit or Avoid Alcohol**
Limit cured and processed meats due to their nitrite content
A glass of red wine may provide heart health benefits – 5 oz. per day limit
- **Maintain Healthy Weight**
Try small frequent meals. Include a multivitamin & mineral supplement
Balance your intake with all the food groups; use proper portion control
Exercise 30 minutes a day – include strength-training exercises twice a week