Tips for Feeling Your Best Through the Stages of Menopause

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Center for Community Health & Prevention

UR Medicine
1 EAT Enough

This is important for supporting energy and helps ensure you’re getting adequate nutrition.

Important nutrients include:
- calcium
- vitamin D
- magnesium
- omega-3 fatty acids
2. Manage Inflammation

- aim for 8–10 hours of sleep
- include sources of omega-3 fatty acids
- explore stress management strategies
- get your fiber
Support Gut Health

- include more fiber and probiotic foods
- aim for less added sugar
- reduce stress
Include Movement (but not too much)

Physical activity helps reduce stress and maintain bone density and muscle mass.

Aim to eat within 30 minutes of exercise to reduce inflammation.