



Angela Martinez, RN Menopause Coach

Top 5 Foods to Avoid During Menopause

- 1. Processed Foods:** Highly processed foods often contain excessive amounts of salt, sugar, and unhealthy fats. These can contribute to weight gain and may exacerbate mood swings.
- 2. Sugary Foods:** Foods high in added sugars can contribute to weight gain and may also impact blood sugar levels, potentially worsening mood swings and energy fluctuations.
- 3. Caffeine:** While some women may tolerate caffeine well, others may find that it exacerbates symptoms like hot flashes and disrupts sleep. It may be worth reducing or eliminating caffeine intake to see if it has a positive impact.
- 4. Spicy Foods:** Spicy foods can trigger hot flashes in some women. If you notice an association between spicy foods and increased hot flashes, consider reducing your intake.
- 5. Alcohol:** Alcohol can disrupt sleep and contribute to mood swings. It may also impact bone health, so moderation is key.

It's crucial to maintain a balanced diet with a variety of nutrient-rich foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Staying hydrated and engaging in regular physical activity can also support overall well-being during menopause.

Free Recipe

Overnight Oats

Base Recipe

- ½ cup [whole rolled oats](#)
- 1 tablespoon [chia seeds](#)
- ½ teaspoon [maple syrup](#), plus more for serving
- Pinch of sea salt
- ¼ cup [whole milk Greek yogurt](#), optional
- ⅔ cup [unsweetened almond milk](#)

Instructions

Make the base recipe: In a Mason jar or other lidded jar, place the oats, chia seeds, maple syrup, salt, and Greek yogurt, if using. Add the almond milk and stir until the mixture is well combined and there are no clumps of chia seeds at the bottom of the jar. Cover and refrigerate overnight, or for up to 5 days.

1. In the morning, top with your desired toppings and serve with drizzles of maple syrup.

2. For apple pie overnight oats, stir the applesauce and cinnamon into the overnight oat base.

Refrigerate overnight. In the morning, top with diced apple, chopped pecans, and cinnamon, drizzle with maple syrup, if desired.

3. For chocolate banana bread overnight oats, stir the mashed banana, cocoa powder, cinnamon, and nutmeg into the overnight oat base. Refrigerate overnight. In the morning, top with banana slices, chopped walnuts, chocolate chips, and drizzles of maple syrup, if desired.

Variations

Apple Pie

- 2 tablespoons [unsweetened applesauce](#)
- ¼ teaspoon cinnamon or [apple pie spice](#)
- Diced apple
- [Chopped pecans](#)
- [Cinnamon Apples](#), optional

Chocolate Banana Bread

- ½ banana, mashed
- 1 teaspoon [cocoa powder](#)
- ¼ teaspoon [cinnamon](#)
- Pinch [nutmeg](#)
- Banana slices
- [Chopped walnuts](#)
- [Chocolate chips](#)