

# STAYFIT<sup>®</sup>

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RS.40

MAGAZINE

PAINLESS  
LABOUR:  
A DREAM  
COME TRUE!

WOMEN :  
LIFE DOESN'T  
PAUSE POST  
30'S!

SPORTS  
INJURIES:  
A WAKE-  
UP CALL

BUILD YOUR  
PERSONAL  
WORKOUT SPACE

EXERCISE TO GET  
MEATIER!

CONSCIOUSNESS:  
SCIENCE,  
SPIRITUALITY &  
HEALTH:  
A MINGLE

THE GLORY OF WAKING UP  
EARLY IN THE MORNING!

FAMILY

HEALTH

WELLNESS

NUTRITION

LIFESTYLE



# WoMEN-Life dOesn't PAUSE Post 30's !

**Menopause** is the time in a woman's life when her child bearing years end. It is part of a biological process experienced by all women, the transition which can begin as early as the **30s and last even into the 60s**. During this transition, the ovaries start producing lower levels of natural sex hormones estrogen and progesterone. Estrogen promotes the normal development of a woman's breasts and uterus, controls the cycle of ovulation (when an ovary releases an egg into a fallopian tube), and affects many aspects of a woman's physical and emotional health. Progesterone controls menstruation and prepares the lining of the uterus to receive the fertilized egg.

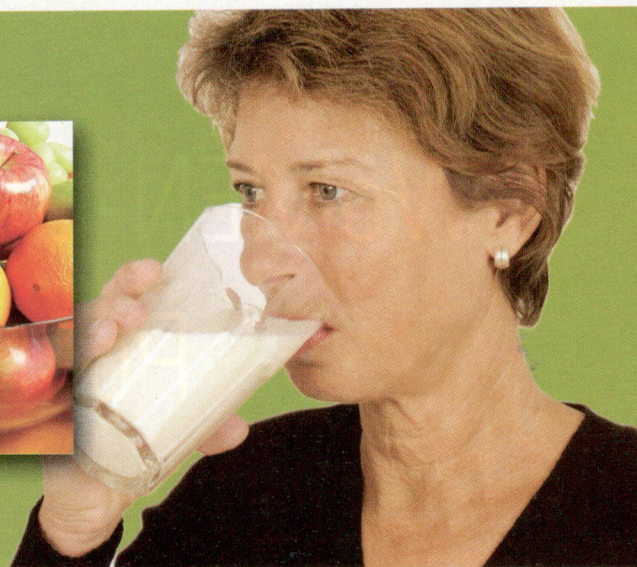
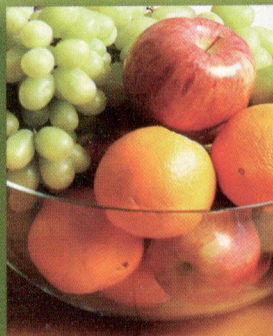
The symptoms of menopause are not an illness, just a natural consequence of aging. All women experience "the change" in different ways. Some will have no symptoms or only mild issues while others will battle a range of annoying alterations in their body like hot flashes or mood swings that can negatively affect their daily lives.



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## NUTRITION





## Nutritional Management

**Avoid highly spiced foods:** spicy foods such as hot curry & hot chilly dishes can make hot flushes worse. So go easy on highly spiced flavored meals.

## Proximate Principles

**Fat:** Saturated fat in meats, full-fat dairy foods and other animal products is unhealthy for every one, especially women in menopause. So reduce your intake of animal foods, choose lean meats and low fat dairy. In addition, restrict your intake of margarine and processed baked foods like cookies, as these foods can be high in trans-fats or hydrogenated fat both of which are saturated fats.

## Heart disease after menopause:

Before the menopause, estrogen protects women from some of the effects of a high fat diet. This is why rates of heart disease are lower in pre menopausal women than men of similar age. But during the menopausal and post menopausal stages, estrogen levels decline. This leads to a fall in the level of HDL Cholesterol - good cholesterol and rise in the LDL Cholesterol bad cholesterol. This is why rates of heart disease among menopausal and post menopausal women are high as those among men of similar age.

## Others

**1) Alcohol:** Drinking a glass of wine every evening is good for your health. But drinking beyond that is not good and can aggravate some symptoms of menopause. Instead drink diluted fruit juice including calcium fortified juice, vegetable juice, fat free milk, calcium fortified soy milk, herbal teas like fennel and green tea.

**2) Caffeine:** Reduce your intake of caffeine from coffee, tea and soft drinks, since too much caffeine can cause loss of calcium, although nothing wrong with a few cups of regular strength coffee. Coffee is a great tonic in many situations. Tea can also be a great comfort, and green tea is packed with healthy ingredients.

## 3) Minerals:

**Sodium:** Salty or high sodium foods are not helpful or necessary in any healthy menopause eating plan. So restrict your intake of foods like processed frozen entrees and processed cold cuts, canned soups, regular stock or bouillon, foods canned in salted water, salted nuts, ketchups and packaged sauces. Use ginger, garlic or fresh herbs for flavour in place of sodium.

**Calcium:** Calcium absorption varies from person to person, according to genetics, but illness or disease can decrease the amount you retain. On average, only 20-40 % of calcium you eat is absorbed and this decreases with age. Therefore, a healthy balanced diet rich in calcium is very important for menopause women.

## Food sources of calcium:

The best and easiest food sources of calcium include milk, milk products, sardine and salmon.

**Magnesium:** Helps to combat menopause associated conditions like osteoporosis, fatigue, type 2 diabetes, coronary artery disease, anxiety and depression.

## Food sources of

**Magnesium:** figs, lemon, grapefruit, corn, almonds, nuts, soybeans, seeds, dark green vegetables & apples.

**Selenium:** Helps to combat fibrocystic disease of the breast and breast cancer.

## Food sources of

**Selenium:** Brazil nuts, wheat germ, tuna, tomatoes and broccoli.



**Manganese:** Helps to combat artherosclerosis, hardening of arteries in later life.

**Food sources of Manganese:** nuts fruit, vegetables, whole grain cereals

**Phosphorus:** Helps in prevention of osteoporosis.

**Food sources of phosphorus:** Meat, fish, eggs, milk, grains, nuts, seeds and beans.

**Zinc:** Helps to combat osteoporosis in later life.

**Food sources of Zinc:** Lean steak, wheat germ, pumpkin seeds, eggs.

## 4) Vitamins

**Vitamin A:** Low levels of vitamin A contribute to heavy menstrual bleeding and possibly cervical cancer and age related skin conditions like leucopenia.

**Food sources of Vitamin A:** carrots, spinach, turnips, apricots, liver, cantaloupes, melon, sweet potato.

**Vitamin B complex:** Several B vitamins are beneficial during menopause. Vitamin B6 supplementation is typically important for patients on hormone replacement therapy HRT. Folic acid may help to prevent precancerous change in the cervix. Low levels of vitamin B complex can lead to emotional stress, fatigue and depression.

**Foods sources of Vitamin B:** Folic acid is found in green leafy vegetables, nuts, peas, beans, liver and kidney. Vitamin B3 is found in meat, poultry fish, beans, whole wheat bread, Vitamin B6 is found in meat and poultry, fish, bananas, whole grain cereals and dairy products. Vitamin B12 is found in fish, poultry, eggs, milk, B12 fortified foods.

**Vitamin C:** This is the healing vitamin and very helpful during menopause. Since the need for collagen regeneration increases with age, so do the needs for Vitamin C. It also helps the adrenal gland and the body's immune system. another system that needs more help as we enter mid life and menopause.

**Foods Sources of Vitamin C:** Fortified breakfast cereals, citrus fruits, broccoli, sprouts, Kale, peppers.

**Vitamin D:** Along with calcium and estrogen, vitamin D is essential for the ongoing strength and maintenance of bone mass & to minimize the risk of osteoporosis as we get older. Although Vitamin D deficiency is rare, all menopausal women should include adequate amounts of Vitamin D in their diet to maintain strong bones.

**Food Sources of vitamin D:** Canned tuna or salmon, eggs or milk products.

**Vitamin E:** Some times it is called the "menopausal vitamin" because it may have chemical activities similar to estrogen. Vitamin E has been used with some success as an estrogen substitute. Vitamin E may relieve hot flushes as well as psychological symptoms of menopause. It is also a powerful antioxidant that helps keep cells disease-free.

**Food sources of Vitamin E:** wheat germ oil, eggs, green leafy vegetables, cereals, dried beans.

**Bioflavonoid:** A type of photochemical found in the pulp of citrus fruits which helps in combating hot flushes, excessive menstrual bleeding, menopausal vaginal problems, anxiety and emotional problems.

