Nutrition for Women in Middle-Age and Beyond

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Health*Matters Wellness Program
Lifestyle & Women’s Health

- Leading threats to women’s health:
  - Heart disease
  - Stroke
  - Cancer
  - Chronic lower respiratory disease

- Contributing lifestyle factors:
  - Screenings/Primary Care
  - Stress Management
  - Sleep
  - Physical Activity
  - Nutrition
Nutrition for Women

- Important Nutrients
  - Iron
  - Calcium
  - Vitamin D
  - Omega 3 fatty acids
  - Phytoestrogens

- Weight Management
  - Hormones & health
  - Strategies for a healthy weight

- Dietary Strategies for Managing Menopause

- Nutrition Beyond Middle Age
Important Nutrients: Iron

- **Recommendations:**
  - Females 19-50 years old – 18mg daily
  - Females 51+ years old – 8mg daily*

- **Animal Sources:**
  - Red meat
  - Poultry
  - Fish & shellfish
  - Egg yolks

- **Plant Sources:**
  - Leafy greens
  - Beans/lentils
  - Fortified breads & cereals
  - Nuts/seeds
  - Dried Fruits

*Iron supplementation is not recommended for women over 50
Important Nutrients: Calcium

**Recommendations:**
- Females 19-50 years old – 1,000mg daily
- Females 51+ years old – 1,200mg daily

**Sources:**
- Dairy products
- Canned fish (with bone)
- Fortified foods & beverages
- Tofu
- Leafy greens
- Cruciferous vegetables

**Supplements: What to know**
Important Nutrients: Vitamin D

- **Recommendations:**
  - RDA: 600 IU (15mcg)

- **Sources:**
  - **Foods**
    - 1 tablespoon Cod liver oil = 1,360 IUs
    - 3 ounces Salmon = 450 IUs
    - 3 ounces canned Tuna = 150 IUs
    - 1 cup fortified milk = 80 IUs
    - Egg (large) = 40 IUs
  - **Sunlight**

- **Supplements:** What to know
Important Nutrients: Omega 3’s

Recommendations:
- At least two (3.5 ounce) servings of fatty fish a week
  - Salmon, mackerel, herring, lake trout, sardines, albacore tuna
- Incorporate plant-based omega-3’s regularly
  - Flaxseeds
  - Canola oil
  - Walnuts
  - Soybeans

Omega-3/Omega-6 balance:
- Sources of omega-6 fatty acids
  - Vegetable oils (primarily from processed or fast foods)
  - Grain-fed meats

Supplements: What to know
Important Nutrients: Phytoestrogens

- **Examples:**
  - Isoflavonoids – soybeans, soy products
  - Lignans – bran, flaxseeds, beans
  - Coumestan – beans, sprouts

- **The soy and breast cancer debate:**
  - Evidence largely points to protective effect of soy
    - Timing and source of soy appears to influence benefits
    - Whole foods verses supplements

- **Recommendations:**
  - 1-2 daily servings of soy-based foods
    - Examples: soy milk, tofu, tempeh, edamame
  - Limit soy supplements
    - **Isolated Soy Protein** (protein powders, bars, processed snack foods)
Weight Management

- **Hormones & Health**
  - **Roles of Estrogen**
    - Maintenance of bone mass
    - Cellular division
    - Heart disease protection
    - Storage and distribution of body fat
  - **The perimenopausal transition**
    - Can occur 3-10 years before menopause
    - ↓ Estrogen
      - ↓ metabolism
      - Weight gain
      - Fat shift to abdomen
      - ↑ risk for heart disease
Weight Management

- Effects of Menopause on Weight
  - “Unexplained” weight gain
  - Abdominal fat
    - Subcutaneous vs. Visceral
    - Increased risk for:
      - Cardiovascular disease
      - Type 2 diabetes
      - Cancer
      - Premature death
  - Declining metabolism makes it difficult to maintain or lose weight – must create new habits
Weight Management

- Plan for your body’s metabolic slowdown
  - Balance your diet
    - ↑ intake of vegetables
    - Stick to lean proteins
    - Eat your beans
    - Choose whole grains
  - Cut back where you can
    - Reduce portions
  - Beware of health saboteurs
    - Processed foods
    - Red meat
    - Refined sugars
Weight Management

- Plan for your body’s metabolic slowdown
  - Be physically active
    - Intentional exercise
      - Power walking
      - Running
      - Cycling
      - Swimming
    - Active lifestyle
      - Take the stairs
      - Walk to work
      - Sit less, move more
  - Build strength
  - Stretching
Dietary Strategies for Managing Menopause

- Avoid “Trigger” Foods
  - Caffeine
  - Alcohol
  - Spicy Foods

- Soy & Isoflavones
  - Effects of a soy-rich diet
    - China and Japan – 20% incidence of hot flashes
    - Western Countries – 85% incidence of hot flashes

- Complex Carbohydrates for Sleep
  - Boost serotonin levels
  - Try: milk, whole-grain toast, sweet potato
Dietary Strategies for Managing Menopause

- Alternative Therapies
  - Herbs & Nutritional Supplements
    - Unregulated by FDA
    - Lack of standardization
  - Common Treatments
    - Black Cohosh
    - Evening Primrose Oil
    - Dong Quai
  - Supplement Warning Signs
    - Promotion
    - Claims
    - Source
    - Ingredients
    - Testimonials
NUTRITION BEYOND MIDDLE AGE

- Changes in Taste
  - ↓ sensitivity to salt
  - Maintained ability to taste sweetness

- Dehydration
  - ↓ ability to conserve water
  - Less attuned to thirst
  - Bladder complications
  - Medications

- B12
- Fiber
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QUESTIONS?