



nutrition

Healthy Eating During the Menopause Checklist

Member

Virgin active

Daily Checklist

It can be confusing knowing what 1,000 mg of calcium or 30 g of fibre look like in a day. Therefore, we have designed a nutrition checklist with examples of foods and their nutrient content to help you meet your needs.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 x fruit and veg							
30 g fibre							
Handful nuts and seeds							
2 portions/week oily fish							
Reduced saturated fat							
10 mcg/400 IU vitamin D							
1,000mg calcium							
1 phytoestrogen food							
Physical activity							



Calcium (aim ~1,000 mg)

- 100ml cow's milk ~120-125mg
- 100ml fortified milk alternatives ~120-189mg
- 30g calcium-fortified cereals ~136-174mg
- Matchbox size piece of cheddar, edam/ halloumi cheese ~220m-240mg
- 120g yoghurt ~180-200mg
- 100g fortified yoghurt alternative ~ 120-211mg
- 100g (uncooked) tofu ~250-400mg
- 50g whitebait ~430mg
- 2 slices wholemeal bread ~106mg
- 1 pitta bread ~60mg
- 1 medium orange ~29mg
- 85g broccoli ~36mg
- 75g spring greens ~56mg

Meal and snack ideas:

- Calcium-fortified cereal with milk
- Calcium-set tofu stir fry with broccoli and chopped nuts
- Yoghurt and fruit

Vitamin D (aim 10 mcg / 400 IU)

- 119g grilled herring ~19.2mcg
- 100g salmon ~10-18mcg
- 100g canned tuna ~5-6mcg
- 250ml whole cow's milk ~3mcg
- 2 eggs ~3.3mg
- 200ml fortified soya milk ~1.6mcg
- 30g fortified breakfast cereals ~1.4mcg
- Supplement (this is required from October – April but may be beneficial all year round)

Meal and snack ideas:

- Grilled salmon fillet with wholemeal noodles and vegetables
- Fortified breakfast cereal with whole cow's milk
- Tuna wholemeal bagel with sweetcorn and tomato



Fibre (aim 30 g)

- 2 slices wholemeal bread ~7g
- 150g wholemeal pasta ~5g
- 50g porridge ~5g
- Medium baked potato ~5g
- 180g raspberries ~2.5g
- Apple/banana ~2g
- 100g broccoli ~2-3g
- 30g almonds ~2-4g
- 100g chickpeas ~4-5g
- 80g baked beans ~3g
- 80g sweetcorn ~2g

What is classified as 'high' fibre on labels?

- High fibre: 6g per 100g
- Source of fibre: 2g or more per 100g

Meal and snack ideas:

- Overnight oats with raspberries, yoghurt and nuts (~10g)
- Filled baked potato with baked beans and sweetcorn (~10g)
- Wholemeal spaghetti with pesto, broccoli and tomato (~8g)
- Wholemeal bread with peanut butter (~8g)

Phytoestrogens

- Soya beans
- Tofu/ tempeh
- Soya yoghurt/milk
- Sesame seeds
- Flaxseeds
- Berries
- Dried fruit (apricots, prunes, dates)
- Garlic
- Wholegrain bread (flax, rye, wheat, barley, oat)

Meal and snack ideas:

- Edamame beans
- Tofu teriyaki stir fry with broccoli
- Miso soup
- Smoothie with soy milk/ yoghurt

