

Menopause Diet on a Budget

Tips and tricks to alleviate symptoms that won't break the bank



Leafy Greens

Contains indole-3-carbinol and phyloquinone which slow coronary artery calcium deposits and increase bone density. Indole-3-carbinol is also known to reduce symptoms of estrogen dominance and systemic inflammation to improve menopausal symptoms. Try less expensive greens such as romaine lettuce, broccoli, and frozen green peas or beans.

Soy

Helps decrease anxiety, hot flashes, and night sweats. Aim to consume 20 to 60 grams per day. Some affordable options include soy milk and tofu. SNAP benefits also cover seeds and plants -- so if you have the time and resources you could grow your own soybeans!



Probiotics



Aid in decreasing gut dysbiosis to alleviate systemic inflammation and other disease risks that increase during menopause. Helps ease menopause symptoms, decrease insulin resistance, and control weight. Try adding yogurt, kefir, and pickles.

Whole Grains

Contain lignans which may reduce hot flashes and total cholesterol. Fiber is also abundant in these sources and can help reduce cholesterol levels. Aim for carbohydrates with a low glycemic load such as oats, whole-grain bread, and popcorn. Buying in bulk can help reduce costs!



References

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