

THE MENOPAUSE OATMEAL BOWL

Nuts and seeds to reduce hot flashes, decrease bone density loss, and alleviate anxiety

Yogurt helps decrease factors that contribute to weight gain and cardiometabolic diseases. If enhanced with Vitamin D, K, C, zinc, and magnesium helps decrease systemic inflammation and bone resorption

Flax seeds to decrease hot flashes, mood disturbances, and vaginal dryness

Fruits for essential vitamins that might reduce anxiety and VMS

Oats to reduce hot flashes and cholesterol levels

