

# MENOPAUSE & BEYOND HEALTH COACHING

Week FIVE

Eating well in the menopause

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# Menopause – Hormones – Changes in body shape



# So in summary .....



**OUR FOOD WORLD  
IS MESSED UP**



**WE ARE BUSY  
WOMEN IN A  
STRESSY WORLD**



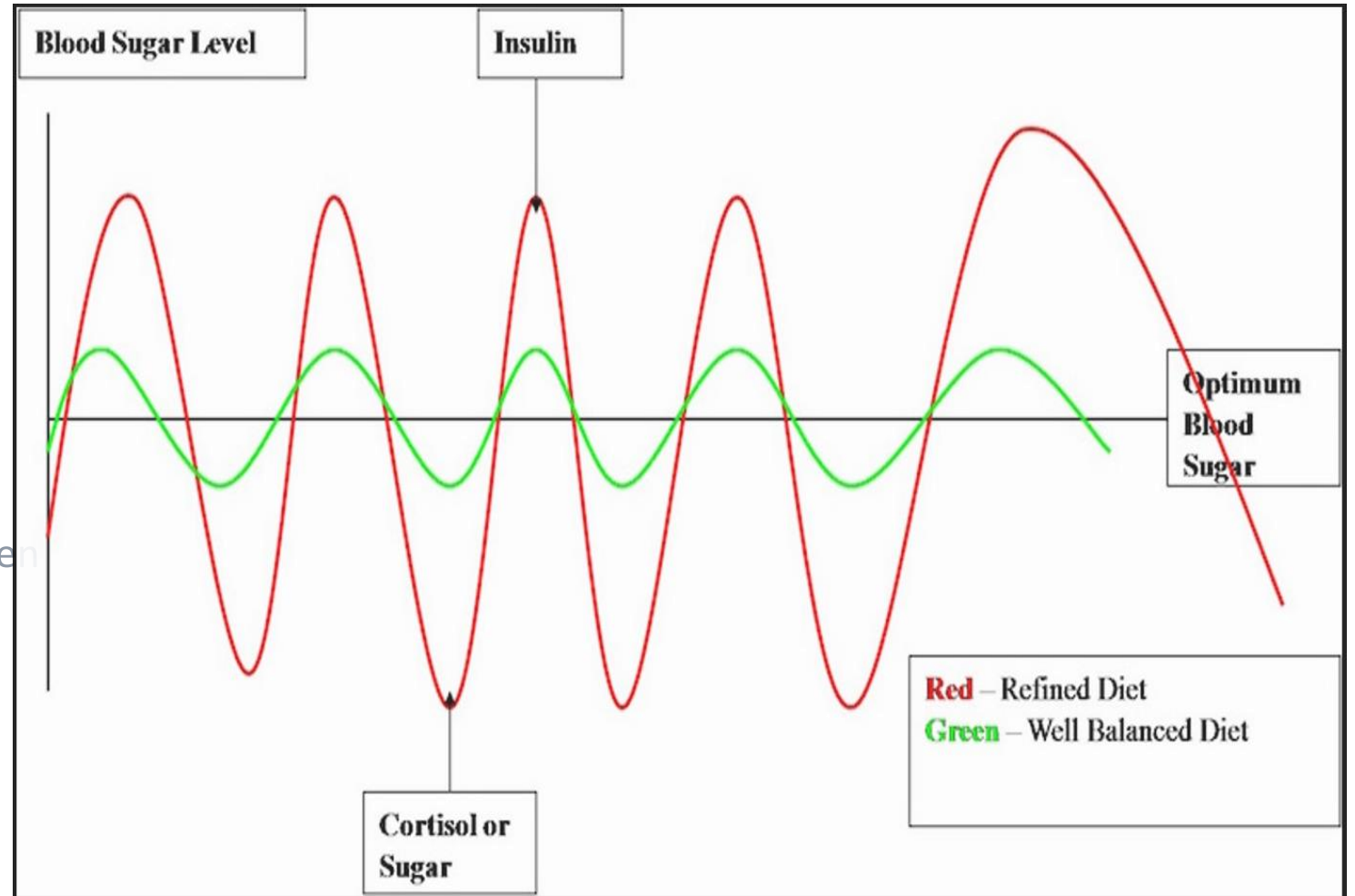
**MENOPAUSE STUFF  
CAN BRING  
ADDITIONAL  
CHALLENGES FOR  
BODY & MIND**



**START THIS JOURNEY  
THROUGH THIS  
ACCEPTANCE &  
ACKNOWLEDGEMENT**

# WHY balance blood sugars?

- Energy
- Steadier mood
- Ageing well
- Hormone friendly – insulin & oestrogen
- Reduce stress load
- Weight loss

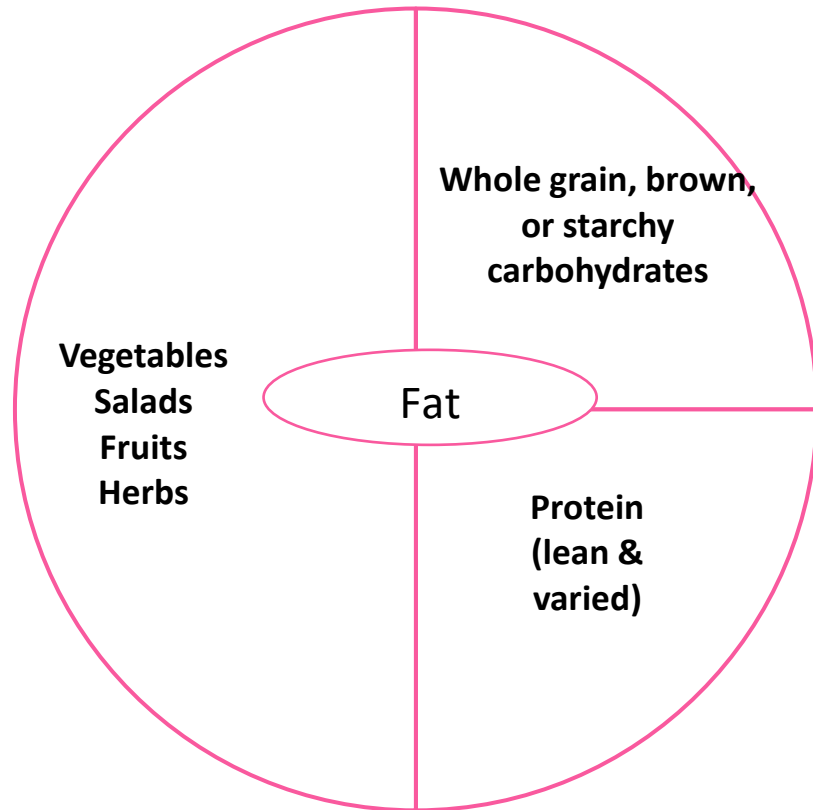


# The Glucose Goddess – 10 hacks for better blood sugar

<https://www.glucosegoddess.com/>

1. Eat foods in the right order – fibre, protein & fat, then starches & sugars
2. Veggie starters
3. Stop counting calories
4. Savoury breakfast
5. All sugars are the same
6. Have sugar as dessert, rather than a snack
7. Vinegar – reduce the spike by up to 30%
8. After you eat, move
9. If you need to snack, have savoury
10. No naked carbs!

# And my no. 1 blood sugar tip

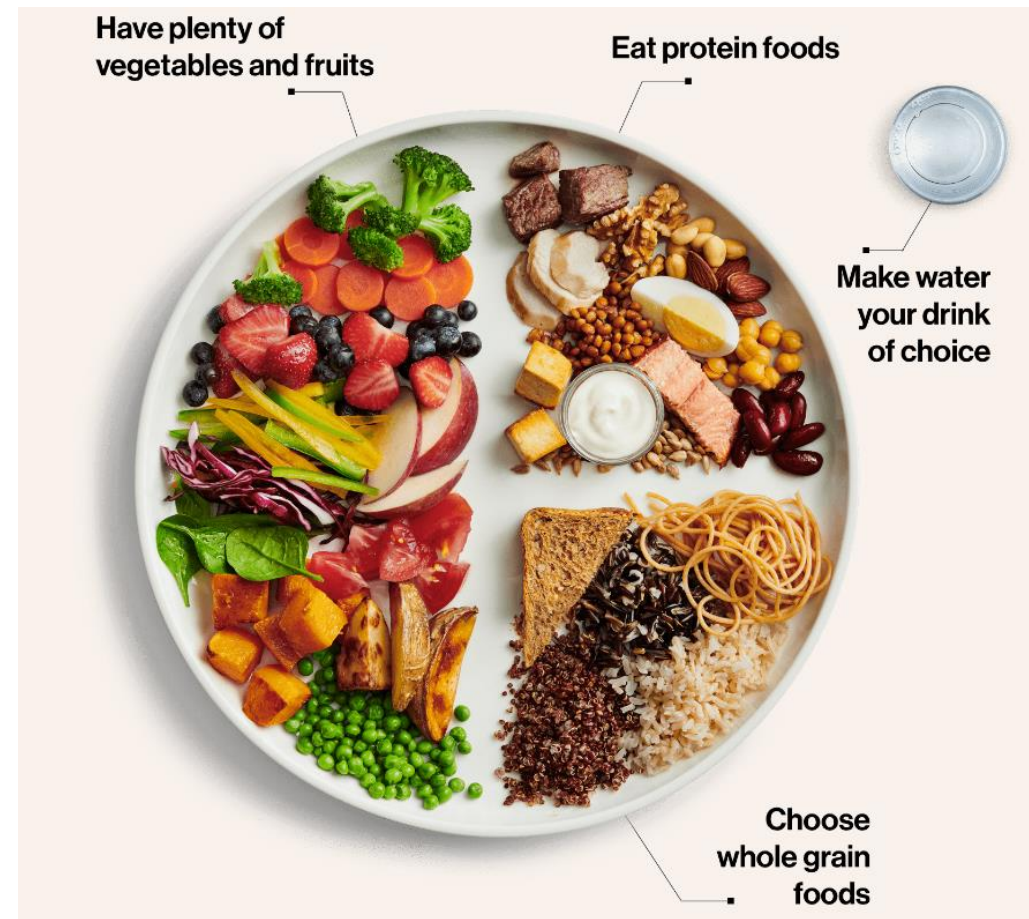


- Use this plate as a guide for main meals
- Fat (mainly plant based + fish) is essential for sex hormone production, healthy cells, & brain function
- Some foods contain 2 or 3 food groups, e.g. pulses
- Glycaemic load chart is helpful background
- Gut health is important

# 2 examples of how this looks



<https://bant.org.uk/bant-wellbeing-guidelines/>



<https://food-guide.canada.ca/en/>

# *Thinking about making food changes*

POP – plan, organise, prepare

Foods that you love – that love you back

Boundaries – be mindful of people  
pleasing around food

Plenty of self-compassion around choices

Tracking what you eat / drink is helpful

<https://youate.com/>

