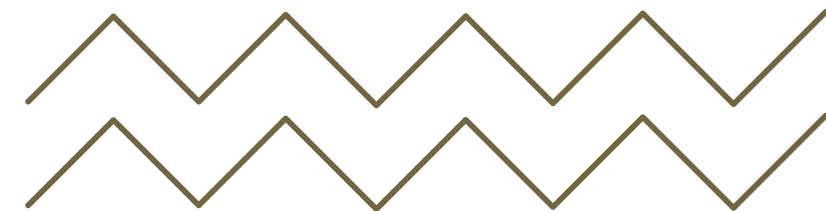


The Perimenopause Nutrition Shift

From restriction to support: a lifestyle approach that supports women's changing physiology, provides nourishment and prevents chronic disease.



Presented by Kendra Haire, RDN

Radiant Nutrition and Wellness





Kendra Haire, RDN is a Registered Dietitian Nutritionist and Diabetes Prevention Program Lifestyle Coach. She offers nutrition and lifestyle counseling to a variety of patients, focusing on helping women in mid-life prevent chronic disease through a balanced anti-inflammatory approach. Her 20+ years of expertise has been featured nationally in publications such as Real Simple, Parade Magazine, Women's World and Eating Well.

Kendra received her bachelor's degree in Communications from Vanderbilt University and later completed the Coordinated Program in Dietetics at the University of Texas at Austin. Kendra enjoys sharing her nutrition expertise in one-on-one patient settings as well as through broader communications platforms.

She lives outside of Austin, TX with her husband and enjoys life with their vibrant family of teenage and young adult children, 3 dogs, and a cat.



Who are we talking about?

- Women age 35–55
- Hormones begin to shift and can fluctuate for 10 years before the onset of menopause
- During this phase of life, women are often juggling raising families with caring for aging parents
- Bodies can feel like they are working against us

MENOPAUSE IS NOT JUST THE LOSS OF FERTILITY, IT'S THE
BEGINNING OF A MAJOR METABOLIC SHIFT



Hormone shifts

Perimenopause - average of 4 years,
but up to 10 years
leading up to menopause

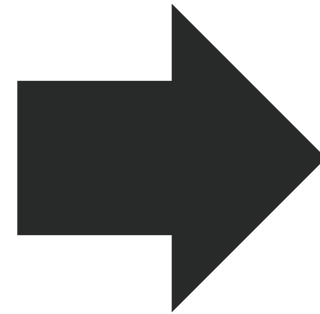
Menopause - absence of
menstrual cycle for one full year

Post-menopause - years following



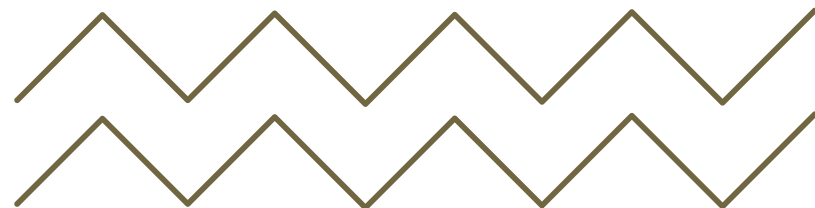
How we grew up

- Dexatrim
- Slim Fast
- Jenny Craig
- Nutrisystem
- Weight Watchers
- Atkins
- PhenFen
- Keto
- Fasting
- Whole 30



- Slow Metabolism
- Unhealthy Relationship with Food
- Diet Mentality
- Food is Bad
- Eat as Little as Possible

NOW NOURISHMENT IS MORE IMPORTANT THAN EVER
AND IS TIED TO STRENGTH AND LONG-TERM HEALTH.



What changes during perimenopause?



Hormones shifting



Sleep disruptions



Muscle mass decline



Less insulin sensitivity



Low energy/less movement



High stress/ mood changes



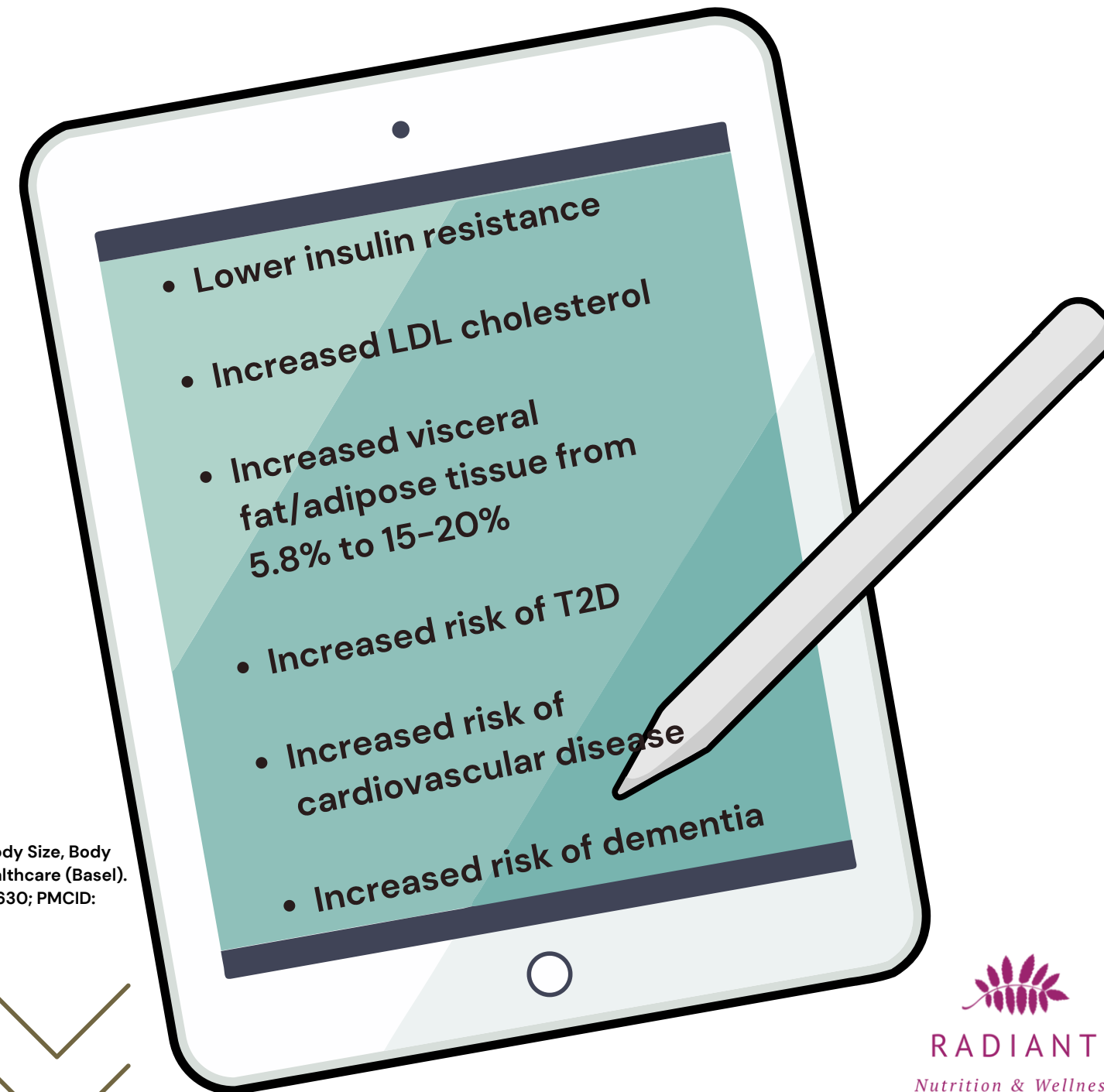
What Women in Perimenopause Often Experience

- Changes in gut microbiome
- Anxiety/depression
- Brain Fog
- Irregular Periods
- Heart Palpitations
- Hair Loss
- Insomnia
- - Lean muscle mass

- Irritability
- Change in Libido
- Skin Changes
- Muscle Aches
- Hot Flashes
- Night Sweats
- Bloating
- Joint Pain
- + LDL cholesterol
- - Insulin resistance



Women in menopause: Common Health Concerns



Karvonen-Gutierrez C, Kim C. Association of Mid-Life Changes in Body Size, Body Composition and Obesity Status with the Menopausal Transition. Healthcare (Basel). 2016 Jul 13;4(3):42. doi: 10.3390/healthcare4030042. PMID: 27417630; PMCID: PMC5041043.



Nutrition mistakes I see the most often

Skipping Meals



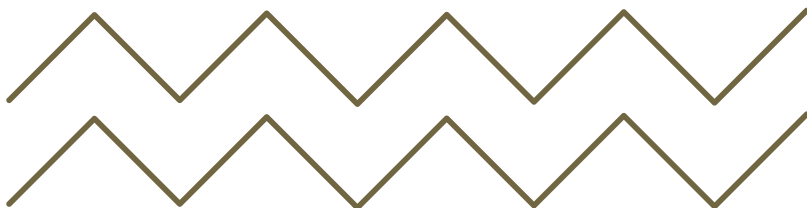
Restiction cycles



Under-eating fiber



Chronic Dieting

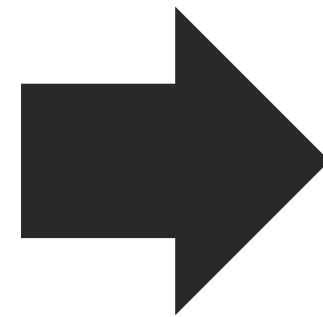


**Fear of
Carbohydrates**

Under-eating protein

Why This Conversation Matters

- Social media advice
- Wellness influencers
- Hormone content
- Conflicting nutrition messages



- More confusion
- More restriction
- More frustration
- Less clarity

MANY WOMEN ARE TRYING HARD TO BE HEALTHY, YET STILL
FEEL EXHAUSTED, HUNGRY, AND FRUSTRATED.



Heard weekly in my sessions:

I can only lose weight if I only eat one meal a day.

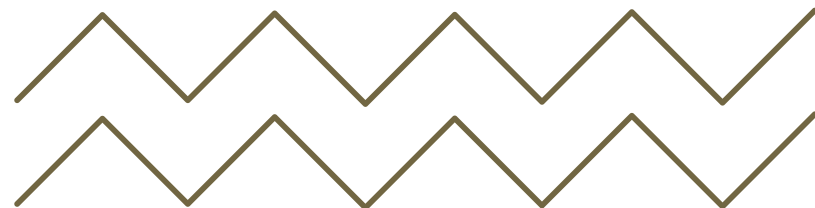
I heard fruit has a lot of sugar.

I can be good for a week or so, but then it all goes out the window.

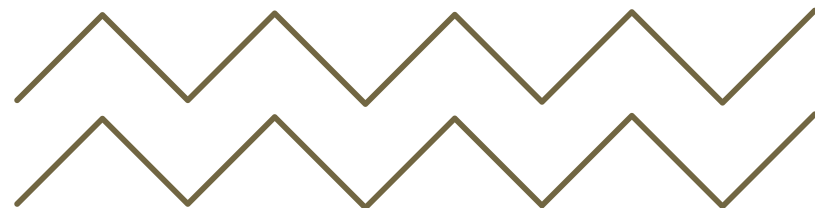
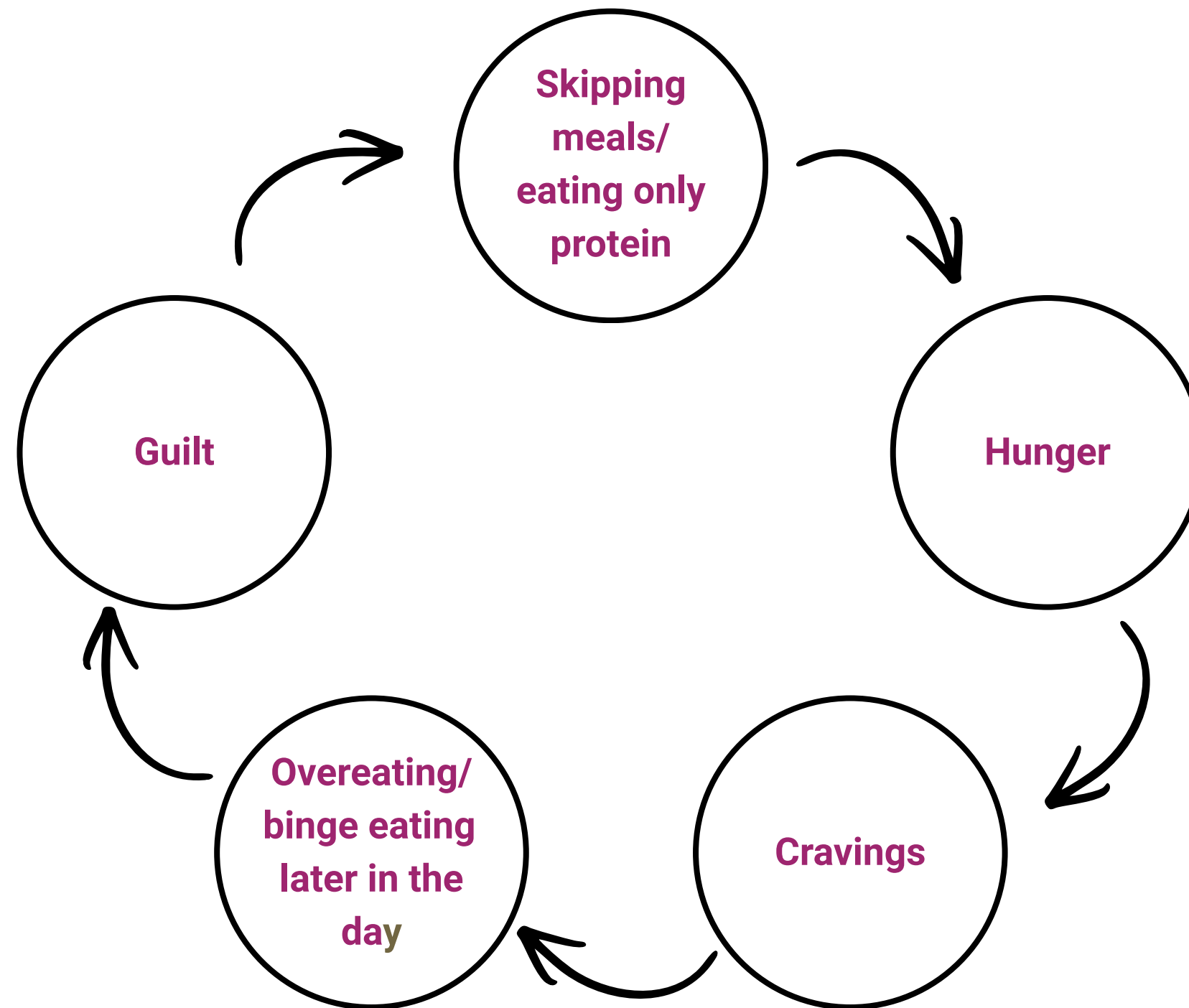
I can go all day without carbs, but the cravings at night are unsurmountable.

If I try to eat a lot of protein, I can't get enough fiber.

I am too busy and stressed to make time for meals.



Common Restriction Cycle



The shift that makes a difference

Learning to use food as fuel and nourishment



Nourish



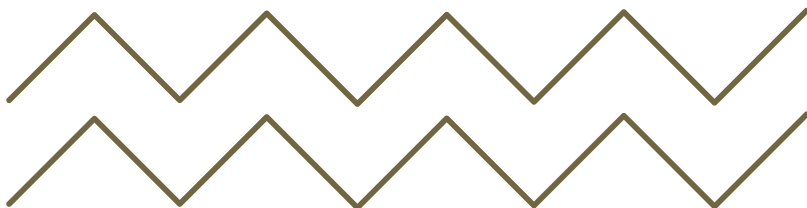
Build Muscle



**Stabilize Blood
sugar**



**Support
recovery**



What women in 🥑 perimenopause need more of

- Fiber
- Variety of plants to support microbiome
- Fermented foods
- Protein
- Carbs to make body feel safe
- Consistent meals
- Breakfast (protein/fiber)
- Sleep
- Stress relief
- Strength training
- Recovery time
- Healthy fats
- Calcium-rich foods



What women in 🥑 perimenopause need more of

- Prioritize protein, fiber and healthy fat in meals
- Use planned snacks to help increase nutrient intake
- Larger breakfast and lunch, lighter dinner
- Eat when hungry/not starving
- Calcium-rich foods to support bone strength
- Variety of fruits and vegetables & grains to support gut microbiome
- Anti-inflammatory foods (spices, plant-based foods, healthy fats)
- Exercise – 150 cardio + strength training
- Avoid beverages with no nutritional value (esp alcohol)
- Focus on nutrient-density vs dieting
- Minimize non-nutrient calories



What women in 🥑 perimenopause need more of

SUPPLEMENTS:

Magnesium Citrate or Glycinate

Vitamin D (with K2)

B-12 (especially with metformin)

Fish oil/omega-3 if not eating fish

Calcium if not sufficient in diet (ideally from food)





How products/brands can support women in perimenopause

- Minimize artificial sweeteners and sugar
- Add natural fibers, using whole food products (legumes, whole grains, nuts, seeds, and fruits)
- Support healthy blood sugar balance with products that include carbs along with protein and fiber
- Convenient, balanced meals to support busy lifestyles
- Messaging to support strength and nourishment, rather than dieting and restriction



Thank You!

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Fenton A, Smart C, Goldschmidt L, Price V, Scott J. Fat mass, weight and body shape changes at menopause – causes and consequences: a narrative review. *Climacteric*. 2023 Aug;26(4):381–387. doi: 10.1080/13697137.2023.2178892. Epub 2023 Mar 9. PMID: 36891919.

Karvonen–Gutierrez C, Kim C. Association of Mid–Life Changes in Body Size, Body Composition and Obesity Status with the Menopausal Transition. *Healthcare (Basel)*. 2016 Jul 13;4(3):42. doi: 10.3390/healthcare4030042. PMID: 27417630; PMCID: PMC5041043.

Peters BA, Santoro N, Kaplan RC, Qi Q. Spotlight on the Gut Microbiome in Menopause: Current Insights. *Int J Womens Health*. 2022 Aug 10;14:1059–1072. doi: 10.2147/IJWH.S340491. PMID: 35983178; PMCID: PMC9379122.



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