

pausitive

THE CHANGE FOR THE BETTER

Make a change for the better!

Hormones are not the only option to treat menopause symptoms. Women told us they didn't realize the healing powers of a healthy lifestyle and "food as medicine."

This menopause shopping list contains a combination of foods specifically selected to help you feel better today and even better in the future.

Moderation is key. For example, beef liver is a good source of protein and vitamins but can cause issues with some psoriasis medications and is high in cholesterol.

This shopping list and guide to healthy eating during menopause includes superfoods, phytoestrogens, omega-3 fatty acids, lean protein, fiber, calcium and vitamin D, fish, nuts, seeds, plant-based food, and whole grains to add to your shopping list.

Ready to get started?

FRUIT





Guava

Avocado

Mango

Banana

Navel orange

Berries

Okra

Blackberries

Pear

Cherries

Prunes

Eggplant

Raspberries

VEGETABLES



Artichoke
AILICITORE

Collard Greens



Kale

Bok Choy

Onion

Broccoli

Pepper, yellow & bell

Brussel Sprouts

Potato, reg. & sweet

Butternut Squash

Spinach, reg. & mustard

Carrots

Tomato

Cauliflower

Turnip greens

Celery

BEANS





Lima

Black eyed peas

Navy

Cannellini

Peas

Chickpeas

Pinto

Great Northern

Soybeans

Kidney

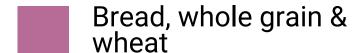
Vegetarian, baked

Lentils





Oatmeal, Reg. & Steel Cut



Quinoa



Rice, Black & Brown



Spaghetti, Whole Wheat



Tortilla, Corn

GLUTEN FREE









*Can be gluten free, but read labels carefully.

FISH & MEAT



Beef Liver

Sardines

Poultry

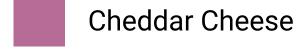
Scallops

Rainbow Trout

Shrimp

Salmon

DAIRY





















OTHER FOODS





Orange Juice, Calcium-Fortified



SHOPPING LIST

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