



# menopause grocery list

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+ HEALTH

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



Apple



Guava



Avocado



Mango



Banana



Navel orange



Berries



Okra



Blackberries



Pear



Cherries



Prunes



Eggplant



Raspberries

# VEGETABLES



Artichoke

Asparagus

Bok Choy

Broccoli

Brussel Sprouts

Butternut Squash

Carrots

Cauliflower

Celery

Collard Greens

Kale

Onion

Pepper, yellow & bell

Potato, reg. & sweet

Spinach, reg. & mustard

Tomato

Turnip greens



# BEANS



Black



Black eyed peas



Cannellini



Chickpeas



Great Northern



Kidney



Lentils



Lima



Navy



Peas



Pinto



Soybeans



Vegetarian, baked

# GRAINS



Barley



Oatmeal, Reg.  
& Steel Cut



Bread, whole grain &  
wheat



Quinoa



Buckwheat



Rice, Black & Brown



Chapatti (Roti)



Spaghetti, Whole  
Wheat



Millet



Tortilla, Corn

# GLUTEN FREE



Amaranth



Rice, Black & Brown\*



Bread, Whole Grain\*



Quinoa\*



Buckwheat\*



Sorghum



Millet\*



Teff



Oatmeal, Reg. & Steel  
Cut\*



Tortilla, corn\*

\*Can be gluten free, but read labels carefully.

# FISH & MEAT



Beef Liver



Sardines



Poultry



Scallops



Rainbow Trout



Shrimp



Salmon



# DAIRY



Cheddar Cheese



Swiss Cheese



Feta Cheese



Eggs



Mozzarella Cheese



Milk, Fortified Soy



Parmesan Cheese



Milk, Almond & Oat



Ricotta Cheese



Greek Yogurt

# OTHER FOODS



Cereal, High-Fiber or  
Fortified



Fish Liver Oils



Orange Juice, Calcium-  
Fortified



Tofu

# SHOPPING LIST

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