

Dietary recommendations

1. Support hormonal balance with phytoestrogens

Phytoestrogens are plant compounds that mimic oestrogen and may help reduce menopausal symptoms. They are found in tofu, tempeh, edamame, miso, flaxseeds, sesame seeds, chickpeas and lentils.



2. Avoid foods that trigger hot flushes and night sweats

Some foods can trigger or worsen symptoms. These include spicy foods, caffeine, alcohol and excess sugar.

3. Manage weight and metabolism

Hormonal changes can slow metabolism and lead to weight gain. Stay active and focus on a high-quality diet.

4. Focus on protein intake

Such as beans, lentils, nuts and seeds to maintain muscle mass.

5. Increase fibre-rich foods

Vegetables, fruits, legumes, and whole grains provide fibre that supports digestion and prevents weight gain.

6. Healthy fats

From avocados, olive oil, and nuts help balance hormones. Omega 3 fatty acids found in flaxseeds, chia seeds and walnuts support brain function and hormone balance.



Lifestyle advice

+ Engage in regular exercise

Physical activity helps with weight management, mood and bone health. Weight-bearing exercises such as walking, jogging, dancing and resistance training help maintain bone strength. Yoga and stretching improve flexibility and reduce stress; aerobic exercise supports heart health and mood. Additionally, regular exercise, such as walking or yoga, can reduce the frequency and severity of hot flushes.

+ Manage stress

High stress levels can worsen symptoms like hot flushes and mood swings. Practise mindfulness, meditation and deep breathing techniques. Stress management techniques, such as meditation or deep breathing, can help reduce stress and anxiety, which are common during menopause.

+ Focus on good-quality sleep

Improve sleep hygiene by maintaining a cool bedroom, limiting screen time before bed, and avoiding heavy meals late at night.

+ Keep socially connected

Social connections are essential for emotional support. Try to stay socially active and accept support from those around you. Empowerment and coping strategies can also play a vital role in managing menopause symptoms. Education and awareness about menopause can help women understand their current life stage and make informed decisions about their health. Furthermore, support from healthcare providers, family and friends can also help women cope with the emotional and physical changes associated with menopause.



Free menopause resources

Whether you're navigating symptoms, looking for lifestyle tips or just want to feel more in control, DRV+'s Menopause Hub is here to support you every step of the way.