

Dietary recommendations

1. Support hormonal balance with nutrient-dense foods

Perimenopause is a transitional phase with fluctuating hormone levels. Eating a well-balanced diet with nutrient-rich foods can support overall wellbeing. Include foods rich in phytoestrogens, such as tofu, tempeh, edamame, miso, flaxseeds, sesame seeds, chickpeas, and lentils which may help balance hormones.



2. Stabilise blood sugar levels

Blood sugar fluctuations can impact mood, energy levels and weight. Focus on whole foods, fibre-rich meals, and balanced protein intake to maintain stable blood sugar levels. Avoid refined sugars and processed foods that cause spikes and crashes in blood sugar.

3. Reduce inflammation

Chronic inflammation can worsen symptoms like fatigue and joint pain. Include anti-inflammatory foods such as leafy greens, berries, turmeric and ginger.

4. Optimise gut health

A healthy gut supports hormone metabolism and overall health. Incorporate probiotic-rich foods like yoghurt, kefir, sauerkraut, and kimchi, along with prebiotic foods like garlic, onions, and asparagus.



5. Hydration matters

Drink plenty of water throughout the day to stay hydrated and support digestion, skin health and temperature regulation.

6. Limit triggers

Reduce or avoid caffeine, alcohol, spicy foods and excessive sugar, which can contribute to mood disturbances, swings, sleep disturbances and hot flushes.

Lifestyle advice

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| + Engage in regular exercise | Movement helps manage weight, reduce stress and support heart and bone health. Strength training, walking, yoga and aerobic exercises can improve metabolism, mood and bone density. Incorporate weight-bearing activities to support bone strength and prevent osteoporosis. |
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| + Manage stress | Stress exacerbates hormonal fluctuations and symptoms like anxiety, irritability and fatigue. Incorporate stress management techniques such as mindfulness, meditation, deep breathing or journaling into your routine. |
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| + Prioritise sleep | Perimenopause can bring sleep disturbances, so improving sleep hygiene is essential. Maintain a consistent sleep schedule, keep your bedroom cool and dark, limit screen time before bed and avoid stimulants like caffeine in the evening. |
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| + Support brain and mental health | Cognitive changes, brain fog and mood swings are common. Engage in mentally stimulating activities, stay socially connected, and ensure adequate intake of brain-supporting nutrients like Omega 3 fatty acids, B vitamins and magnesium. |
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| + Social connection and emotional wellbeing | Stay connected with friends, family, and support groups to share experiences and receive emotional support. Seeking professional guidance, such as talking to a healthcare provider or therapist, can help navigate this life stage more smoothly. |
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| + Monitor health changes | Regular health check-ups are helpful to keep an eye on hormone levels, bone density and cardiovascular health. |



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.