

MENOPAUSE SUPPORT FOR SOUTH ASIAN WOMEN

IT'S ESSENTIAL THAT WE RECOGNISE THE POTENTIAL BARRIERS, NUTRITIONAL NEEDS AND REQUIREMENTS OF SOUTH ASIAN MENOPAUSAL WOMEN.



CALCIUM

↑ calcium rich foods e.g. lassi, paneer, okra



DIETARY CONSIDERATIONS



BALANCE OF FATS

↓ saturated fats
↑ unsaturated fats



VIT D

consider daily supplement - 10 mcg

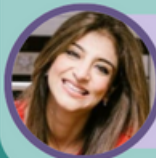


PHYTOESTROGENS

↑ soya foods, lentils, pulses, linseeds, fruit and veg



FAREEHA JAY, REGISTERED DIETITIAN EXPLORES THE BARRIERS TO CARE AND ROLE OF LIFESTYLE IN OUR LATEST BLOG!



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