

## MENOPAUSE

This is the time when women stop ovulating and it usually occurs between the age of 45 and 55 years. Some symptoms women experience are hot flushes, night sweats, mood swings and depression.

Studies show that a diet rich in fresh vegetables and low in sugars and refined carbohydrate, along with vitamin E and aerobic exercise, decreases the intensity and frequency of symptoms by maintaining progesterone and oestrogen levels.

Recent research indicates that *phytoestrogens*, which are plant oestrogens, may help reduce the severity of menopause symptoms. Foods such as red clover tea, licorice, herbs of Dong quai & black cohosh, soy beans, legumes, wholegrains, oats, flaxseed (linseed), vegetables and alfalfa sprouts have been shown to be beneficial.

*Phytoestrogens* act to balance the body by increasing oestrogen activity if the body is low in oestrogen or decreasing oestrogen activity if there is an excess.

*Isoflavone*, a phytoestrogen, is found in the greatest concentration in soybeans and soy products. The main *isoflavones* are daidzein, genistein and genistin. They supply the essential benefits of oestrogen to women. The potential benefits of dietary *phytoestrogens* in hormonal-dependant processes include menopause/menstrual cycle regulation, prevention of breast, uterine and prostate cancer, cardiovascular disease and osteoporosis.

## DIETARY SUGGESTIONS

- Use a soy based protein food such as soya beans, tofu or tempeh at least 4 times a week. Fermentation of soy products helps the body to absorb more of the phytoestrogens they contain.
- Use soy flour in baking items or a soy flour blend.
- Use low fat soy milk, soy drinks and soy yoghurt.
- Purchase bread which has soy and flaxseed (linseed) as an ingredient.
- Use alfalfa sprouts in salads.
- Use flaxseed (linseed) oil in salad dressings. A high omega-3 oil.
- Use whole flaxseeds (linseeds) in muffins, biscuits or sprinkled over green salads.
- Drink red clover tea.
- Use the Chinese or Japanese herbs of Dong quai and black cohosh.
- Buy natural licorice from health food shops and eat as a snack.
- Maintain a calcium balance of 1000 mg per day by eating green leafy vegetables, calcium fortified soy products or dairy products.
- Eat meals containing fresh fruits and vegetables, grains, & legumes daily.
- Eat fish or red meat 3 times a week.
- Maintain Vitamin D levels by eating sardines, salmon (including bones) and exercising in sunshine.
- Maintain a stable weight within the correct weight range for your height.

# MENOPAUSE



## Freedom Foods

*The Functional Food Company*

Unit 11A - 56 Keys Rd.

Cheltenham VIC 3192

Phone: (03) 9553 5155

Fax: (03) 9553 5133

Freecall 1800 646 231

Email: [info@freedomfoods.com.au](mailto:info@freedomfoods.com.au)

Website: [www.freedomfoods.com.au](http://www.freedomfoods.com.au)

August 2006

## MENOPAUSE - PRODUCTS

- ♥ Less than 3% fat, no saturated fat
- ◇ Soy
- ♣ Linseed
- High Fibre
- Low GI

### Fruit Cookies - 97% Fat Free

- ♥◇■ Apricot Temptation (GI - 47)
- ♥◇■ Spicy Apple Sensation (GI - 47)
- ♥◇■ Blueberry Bliss (GI - 47)
- ♥◇■ Sticky Date (GI - 47)
- ♥◇■ Zesty Ginger (GI - 47)

### Gluten Free Biscuits/Cookies

- ◇ Sultana Splitz
- ◇♣ Chocolate Blitz
- ◇ Chocolate Dream
- ◇□ Crunchy Coconut

### Snacks

- Gluten free, Wheat free
- ♥ Baked Corn Chips - Plain

### Slices

- Gluten free, Wheat Free
- ♥□ Strawberry Multi pack - **Medium GI (58)**

### Spreads

- ♥ Vege Spread - gluten free, yeast free

### Confectionery

- Gluten free, Wheat free
- Fruit strips enriched with a vitamin & mineral blend.
- ♥■ Enriched Apricot & Apple (GI - 29)
- ♥■ Enriched Peach & Pear (GI - 29)
- ♥■ Enriched Plum & Apple (GI - 29)

### Bars

- ♣■ Omega Bar - good source of omega 3 (GI - 21)
- ♥■ Hi-Lite Breakfast Bar (GI - 53)
- ♣■ Muesli Breakfast Bar - gluten free (GI - 50)
- Super Berry Breakfast Bar – Only 4% fat, - **Medium GI (57)**

### Sauces - Gluten Free, Wheat Free

- ♥ Tomato Pasta Sauce

### Fruit Spreads

- Gluten Free, Wheat Free
- ♥◇■ Apricot (GI - 29)
- ♥◇■ Raspberry (GI - 26)
- ♥◇■ Strawberry (GI - 29)
- ♥◇■ Marmalade (GI - 27)

### Beverages

- Organic Grape Juices
- ♥ Black Muscatel
- ♥ Shiraz
- ♥ White Muscatel

### Pastas

- Gluten free, Wheat free
- Enriched with a vitamin & mineral blend & added fibre
- ♥■□ Enriched Rice Pasta (GI - 51)
- ♥■□ Enriched Spaghetti (GI - 51)

### Breakfast Cereal

- ♥■□ Hi-Lite Cereal with Wholegrains - enriched with vitamin C, Iron & Folate (GI - 54)
- ♥□ Rice Flakes with psyllium, gluten free
- ♥□ Rice Puffs with psyllium, gluten free
- ♥□ Corn Flakes with psyllium, gluten free
- ♥ Ultra-Rice with psyllium, gluten free
- ♣■□ Muesli - Yeast Free, Wheat Free (GI - 44)
- ♣■□ Muesli - Gluten Free, Wheat Free (GI - 50)
- Quick Oats Porridge, Wheat Free (GI - 50)

### Bakery – Gluten free, Wheat free

- ♥ All-Purpose Flour
- ♥◇□ Pancake Mix - **Medium GI (61)**
- ♥◇■□ Corn Fritter Mix (GI 34)

### Cookbook (RRP \$24.95)

### NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
  - Shepherd's Pie
  - Crumbed Fish Fillets
  - Crumbed Chicken Fillets
  - Apple Crumble
  - Sticky Date Pudding
  - Donuts

### Low Allergenic Fragrant Free Body Range

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll on deodorant
- Aluminium free roll-on Deodorant.
- Body soap

### Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56-69

High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website [www.freedomfoods.com.au](http://www.freedomfoods.com.au) or free-call 1800 646 231 for further information