Menopause Nutrition: Eating Well for Your Gut and Long-Term Health

MENOPAUSE AND GUT HEALTH: WHAT CHANGES

Constipation



Lower estrogen and aging are linked with slower gut movement

Pelvic floor changes



Weaker/tighter pelvic floor muscles can make it harder to empty the bowel

IBS symptoms



IBS may become more noticeable around menopause

Gut bacteria



gut microbiome may continue to shift after menopause

More medications & supplements



More common with age and can change bowel habits

HEALTHY EATING AFTER MENOPAUSE

Priority	Why it matters after menopause	Where to find it
Fibre variety	Regular bowels, cholesterol balance, gut bacteria	Vegetables, fruit, beans, lentils, whole grains, nuts, seeds
Fluid	Bowel function, especially as fibre increases	Water and other drinks, soups, fruit
Protein	Muscle, bone and the gut lining	Fish, poultry, eggs, dairy, beans, lentils, tofu, nuts
Calcium	Bone strength	Dairy, fortified plant drinks, canned fish with bones, tofu, some vegetables
Vitamin D	Calcium absorption and bone health	A daily supplement is advised in Canada after age 50
Healthy fats	Heart health	Olive oil, nuts, seeds, avocado, fish

DAILY HABITS THAT HELP YOUR BOWELS

Keep meals regular



Move every day



Do not ignore the urge to go



**Holding stool in may make constipation worse over time*

Give yourself time (when you go)



TIP: *A relaxed routine and a footstool may help!*

Ask about pelvic floor physiotherapy



WHAT MATTERS LESS

Restrictive diets are rarely the answer



Supplements do not replace an eating pattern



There is no single menopause superfood



Detoxes and cleanses are not supported by evidence



For the complete article, visit: https://cdhf.ca/en/menopause-nutrition-eating-well-for-your-gut-and-long-term-health/

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