



Newsletter

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Welcome to another issue of Food Solutions News.

It is scary to think how quickly this year is going by. I hope you have all had a chance to enjoy some sunshine at some stage over our summer. Wasn't it wonderful to have such lovely weather over Easter.

Menopause and diet

A number of my clients seek nutrition advice as a result of menopause and the effects this can have. The symptoms of menopause will differ between women but it can include weight gain, hot flushes, night sweats, irritability and poor concentration. Menopause can increase the risk of cardiovascular disease and decreased bone density. Weight gain is more likely to occur at this time as lean muscle mass decreases, leading to a decrease in a person's metabolic rate which means it is easier to gain weight. Unfortunately weight gain will tend to make menopause symptoms such as hot flushes worse.

Keeping up with **regular exercise** is very important to help maintain muscle mass. Thirty minutes a day of brisk walking could lead to around 7kg weight loss in a year – so don't let the cooler weather put you off any exercise routines you have established over summer.

Walking can also be a good opportunity to help maintain **vitamin D levels** which is crucial for good bone health. Along with vitamin D keep up with good dietary sources of **calcium** – trim milk or calci-extra milks will have significantly higher calcium content than standard milks. Three servings a day of dairy products is recommended – a serve is a 200 ml glass of trim milks or 40 grams cheese or 150 grams yoghurt.

Plant oestrogens are also thought to be helpful with managing menopause symptoms. Including some calcium enriched soy milk or alternatively soy and linseed breads may be useful, this could be especially beneficial for women experiencing severe hot flushes and night sweats. However it can take up to four months of including three portions of plant oestrogen rich foods every day to make a noticeable difference.

Passionfruit

The season for passionfruit goes through to about July and while it is still very expensive at the moment it is a good fruit to start looking out for. Purple passionfruit sweetens as it ages. They are best eaten when the skin is wrinkled – although not too wrinkled. Passionfruit are a good source of fibre when the seeds are eaten, and a great source of vitamin C and beta carotene.

Grilled bananas with passionfruit and yoghurt

Serves 2

2 Bananas
Pulp from 2-3 passionfruit
Juice of 1 orange
1 tablespoon castor sugar
½ cup vanilla yoghurt

Cut bananas in half lengthwise.
Combine the orange juice and castor sugar together
Roll the bananas in the juice.
Place on a baking tray lined with baking paper
Grill the bananas until golden soft – approximately 4 minutes each side.

Place on plate, top with vanilla yoghurt and fresh passion fruit pulp, and eat immediately

Passionfruit pulp is also great added to an apple crumble.



I hope you all manage to keep well as the cooler starts to set in. If you are finding it difficult to stay on track with your eating, now might be the time to book another consultation with Fiona.

Call Fiona on 07 574 7999 or email fiona@foodsolutions.net.nz

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Regards

A handwritten signature in black ink, appearing to read 'Fiona', with a stylized flourish above the first letter.