



# CALCIUM AND FRIENDS... NON-NEGOTIABLE MINERALS FOR PERI/MENOPAUSE



*Food as Medicine*

[www.hormonequeens.com](http://www.hormonequeens.com)



## CALCIUM

Calcium is soooo important during perimenopause and menopause because women are at increased risk of bone loss and osteoporosis during this time.

As women age, their bodies undergo hormonal changes that can lead to a decrease in bone density and an increased risk of fractures.

Specifically, the decline in oestrogen production that occurs during perimenopause and menopause can accelerate bone loss. We should aim for about 1,200mg per day through a combination of foods and or supplementation.

# CALCIUM FOR PERIMENOPAUSE...

1. **Bone health:** Calcium is a key mineral that is essential for building and maintaining strong bones. During perimenopause and menopause, women may experience a decrease in estrogen levels, which can lead to a decline in bone density and an increased risk of osteopenia and osteoporosis.

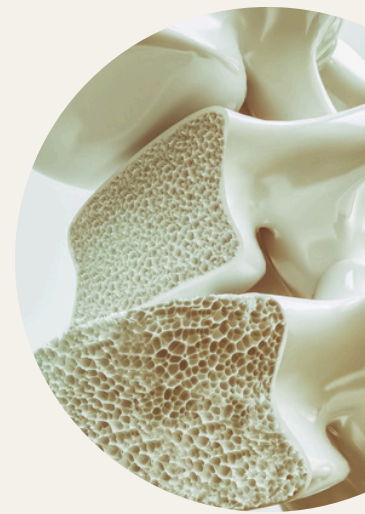
*“I highly recommend a bone density scan 45 years onward or earlier if osteoporosis is in the family”.*

2. **Hormonal regulation:** Calcium is hormonal regulation. Adequate calcium intake may help support hormonal balance during perimenopause and menopause.

3. **Cardiovascular health:** During and after menopause, women may experience changes in lipid metabolism and an increased risk of cardiovascular diseases.

4. **Overall health:** Adequate calcium intake is important for overall health and well-being, and it becomes particularly important during perimenopause and menopause when women may experience changes in their hormonal status and increased risk of certain health conditions.

5. **Nutrient absorption:** Calcium is also necessary for the absorption and utilization of other important nutrients, such as vitamin D, magnesium, and phosphorus, which are important for overall bone health and other physiological processes.



# Calcium rich foods to include for peri/menopause

## LEAFY GREENS

Kale, collard greens, kale, bok choy, turnip greens, mustard greens, broccoli, Swiss chard and spinach are good sources of calcium.

## CHEESE

One of the richest dietary sources of calcium, with hard cheeses such as Parmesan, Romano, and Swiss cheese having the highest calcium content.

## MILK

Another good source of calcium, with whole milk and skim milk providing similar amounts of calcium per serving.

## FORTIFIED PLANT-BASED MILK

Soy milk, almond milk, and oat milk, can be good sources of calcium for those who do not consume dairy products.

## YOGHURT

A good source of calcium, with plain Greek yogurt providing the highest amounts of calcium.

## SARDINES

Sardines and salmon are a great sources of calcium

## BEANS + LEGUMES

Beans and legumes, such as chickpeas, lentils, and white beans, are not only high in calcium but also provide protein and fibre.

## FORTIFIED TOFU

Some tofu products are fortified with calcium, making them an excellent choice for vegetarians, vegans or those who are lactose intolerant.

*“Pet peeve! When women are prescribed ONLY calcium for osteopenia and osteoarthritis prevention or care.*

*Bones need the full mineral matrix of different forms of calcium plus...boron, silica, phosphorus, magnesium, manganese, Vit D, zinc, Vit K!”*

# *Calcium-rich nuts from highest to lowest*



**Almonds** are the richest nut source of calcium, with 100 grams of almonds containing about 264 milligrams of calcium.



**Brazil nuts** are the second-highest nut source of calcium, with 100 grams of Brazil nuts containing about 160 milligrams of calcium.



**Pistachios** are a good source of calcium, with 100 grams of pistachios containing about 136 milligrams of calcium.



**Hazelnuts** are another good source of calcium, with 100 grams of hazelnuts containing about 114 milligrams of calcium.



**Walnuts** contain a moderate amount of calcium, with 100 grams of walnuts containing about 98 milligrams of calcium.

# SEEDS HIGH IN CALCIUM



*Sesame  
seeds...think  
Tahani!*



*Chia seeds*



*Poppy seeds*



*Flaxseeds*



*Sunflower seeds*



*Pumpkin seeds*