

Diet for Menopause

FOODS TO EAT DURING MENOPAUSE

Soy products



Beans & legumes



Whole grains



Foods rich in calcium



Foods rich in vitamin D



FOODS TO AVOID DURING MENOPAUSE

Sweets



Stimulants



Spicy foods



Healthy Eating For The Menopause

L Cohen



Healthy Eating For The Menopause:

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