



BLOG CHEAT SHEETS

Do Nutrition Needs Change After Menopause - and Is Midsection Weight Gain Real?

What Changes

Some weight gain + more belly fat = normal (↓ estrogen)

BUT gain can be mitigated

GOAL Focus shifts to muscle, metabolism, and health: not just weight

Key Nutrition Priorities

Protein: Increase 1.2–2.0g/kg a day (supports muscle+metabolism)

Carbs: Still matter. choose whole sources, time around workouts

Fibre: Increase 30–45g/day (gut health, blood sugar, fullness)

Bone nutrients: calcium, vitamin D, magnesium + strength training

Recovery: protein + carbs post-workout, stay hydrated

Why Belly Fat Happens

Hormonal shifts change fat storage location

Aging + lifestyle factors also play a role

If You're Gaining Midsection Fat

Check calorie balance (surplus = gain)

Avoid undereating (can slow metabolism, lose muscle)

Prioritize:

- Strength training
- Daily movement
- Sleep (7–9h)
- Stress management

Big Picture

Don't just eat less → **fuel smarter**

Focus on strength, energy, and long-term health

Progress = muscle, waist girth, performance (not just scale)

Bottom Line: Some change is expected — optimize what you can control.