The specialist authority for menopause & post reproductive health

British Menopause Society

Menopause: Nutrition and Weight Gain
Top Ten Tips

Top tips for talking to women about menopausal weight management and nutrition.

1. Ask women how they feel about their diet and lifestyle. Don't go straight in if they aren't ready or happy to discuss the issue.
2. Use a food and activity diary to help identify tangible elements of nutrition and lifestyle to discuss.
3. Agree two or three changes at a time. Change needs to be steady and gradual.
4. Don't recommend popular diets unless you're happy with the evidence supporting the long-term maintenance of weight loss with these regimes.
5. Be sure to discuss strength exercise as part of a weight management regime. Regular, consistent weight resistance exercise is the most efficient method for increasing muscle mass and metabolic rate and changing body shape.
6. Talk about food groups rather than individual foods. Use the model:
   - ¼ protein
   - ¼ carbohydrate
   - ½ fruit, vegetables or salad.
7. Discuss planning meals for a day or week. Encourage planned snacking and slowing down eating at mealtimes.
8. Only recommend supplements where necessary, based on clinical need.
9. Recommend a variety of success measures:
   - Weight
   - Clothes
   - Body measurements
   - How a woman feels.
10. Manage expectations so they are realistic, achievable and sustainable.

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This BMS Tool for Clinicians has been reviewed by the medical advisory council of the British Menopause Society. It will be updated when guidance changes and/or new data becomes available.

British Menopause Society
Educates, informs and guides healthcare professionals, working in both primary and secondary care, on menopause and all aspects of post reproductive health.

www.thebms.org.uk

Women's Health Concern

British Menopause Society

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