

Menopause is a condition that happens to everyone. by the age that occurs are women aged 45-49 years, men aged 40-49 years, with symptoms manifested as hot flashes Often at night, feeling palpitations, pounding fast and furiously, worrying, insomnia, irritability, mood swings. memory loss Easily forgetful, constipation, numbness of the hands and feet, dry skin.

Caused by a reduction in the level of sex hormones in both women and men. Therefore, testosterone levels will gradually decline, which is the condition of menopause if you do not take good care of your diet. may increase the risk of developing other diseases such as osteoporosis cardiovascular disease Alzheimer's disease and cancer groups.

#### **Food to eat**

- Focus on low-fat foods, avoid fried, and consume unsweetened fruits and vegetables regularly.
- Foods high in calcium, such as dairy products, small fish. and dark green leafy vegetables
- Foods that are high in fiber. Prevent constipation and colon cancer. found in fruits and vegetables
- Foods rich in plant fatty acids such as red beans, seeds such as pumpkin seeds, oats.
- Foods that contain certain vitamins that are antioxidants, such as vitamin E (corn, sesame), vitamin C (oranges, tomatoes), and selenium (seafood, meat).

#### **Foods that are not recommended/should be avoided**

- Foods that increase the risk of cancer, such as burnt food, pickled food (menopause is the age at risk of cancer).
- Very sweet food, both sweets and fruit with a very sweet taste such as durian, longan.
- Caffeinated beverages such as tea, coffee, soft drinks.
- Prepared food such as spicy food, ready-to-eat food food containing chemicals and sodium contained in salt, MSG
- Foods with high saturated fat content, such as pork belly, ice cream, fast food, crisps, donuts, etc.
- High cholesterol foods such as animal organs, seafood
- Avoid foods that are very salty. This increases the risk of thinning the bones.

