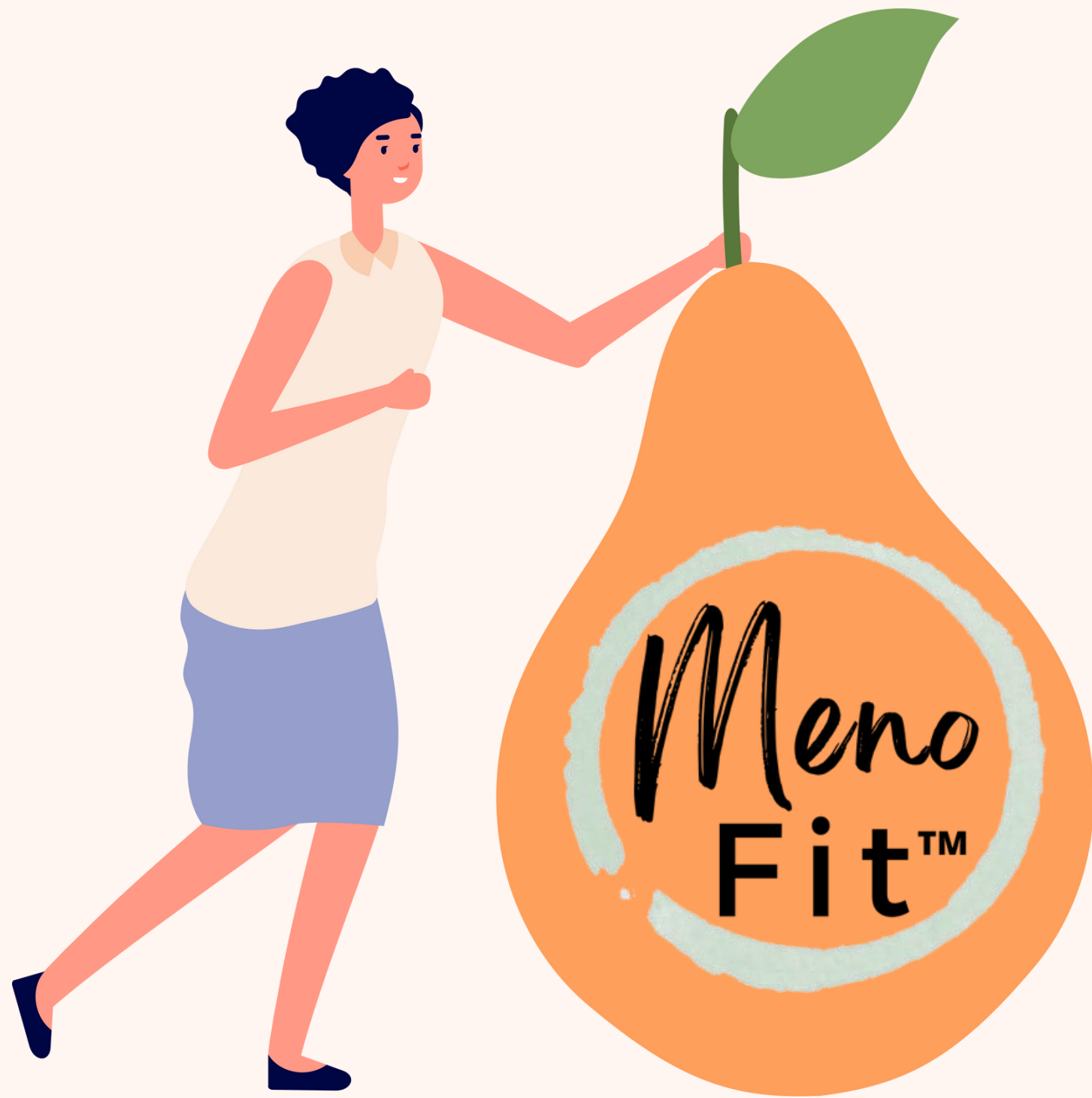




Combating the Menobelly



29% of adults ate 5 or more portions of fruit and vegetables per day, and 7% ate no fruit or vegetables.

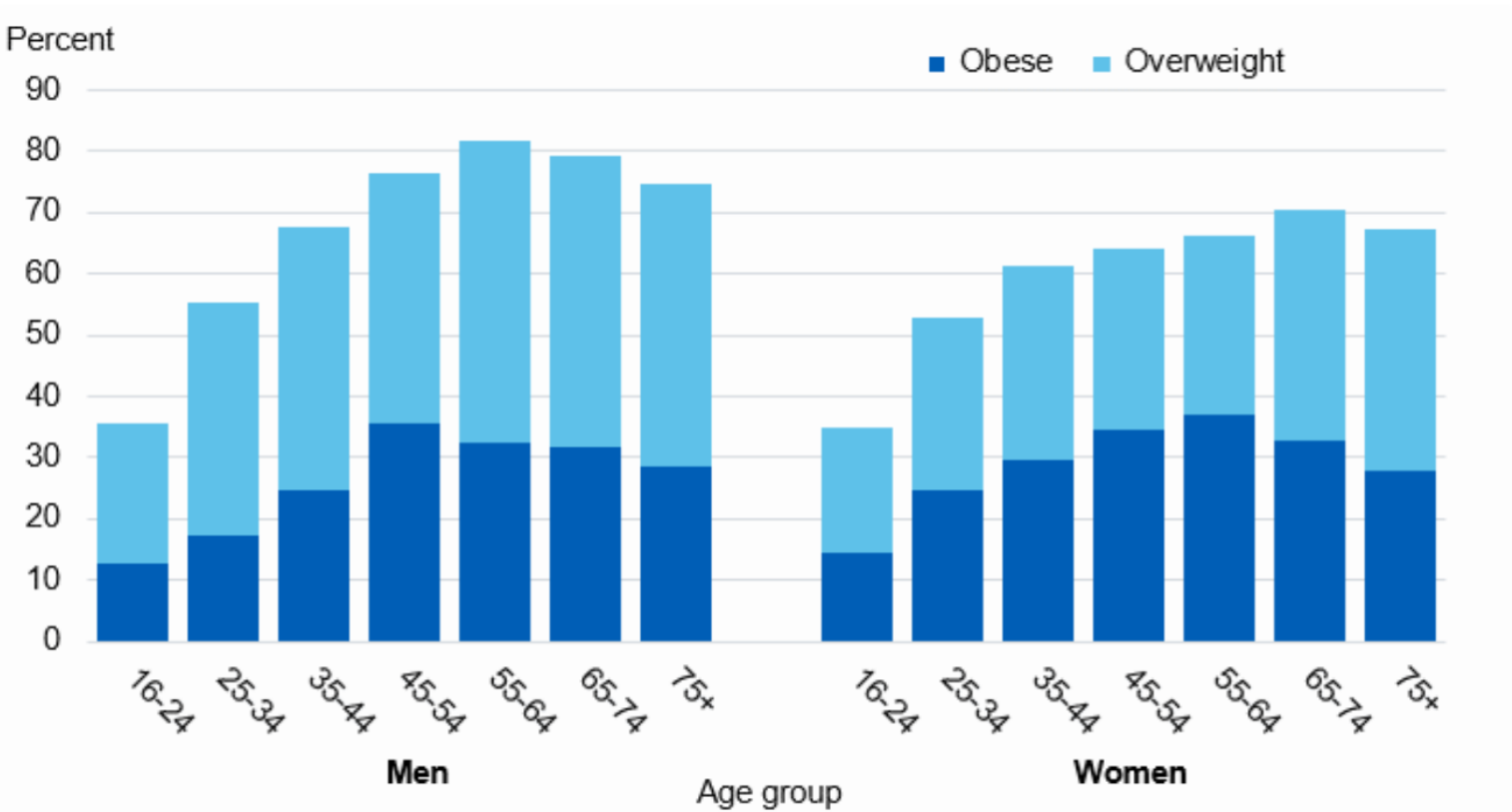
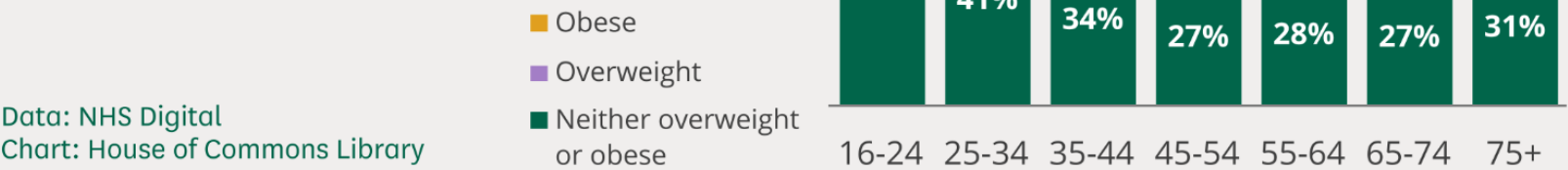
• **Statistics on Obesity, Physical Activity and Diet, England, 2020**

Health risk for women

		Waist circumference		
		Desirable (<80cm)	High (80-88cm)	Very high (>88cm)
BMI classification	Normal	26%	10%	2%
	Overweight	4%	10%	17%
	Obese I	0%	1%	17%
	Obese II & III	11%		

The survey, published in December 2022, found that men are more likely than women to be overweight or obese (68.6% of men, 59.0% of women). People aged 45-74 are most likely to be overweight or obese.

Almost three quarters of people aged 45-74 in England are overweight or obese



Estwell Guide

Use the Exhibit Guide to help you get a balance of positive and more challenging topics. It shows how much of what you will want should come from each OGD group.

Check the status on [Adopted Projects](#)

Healthcare.gov



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Crucian: *Koi-like* variety
at top, with black stripes

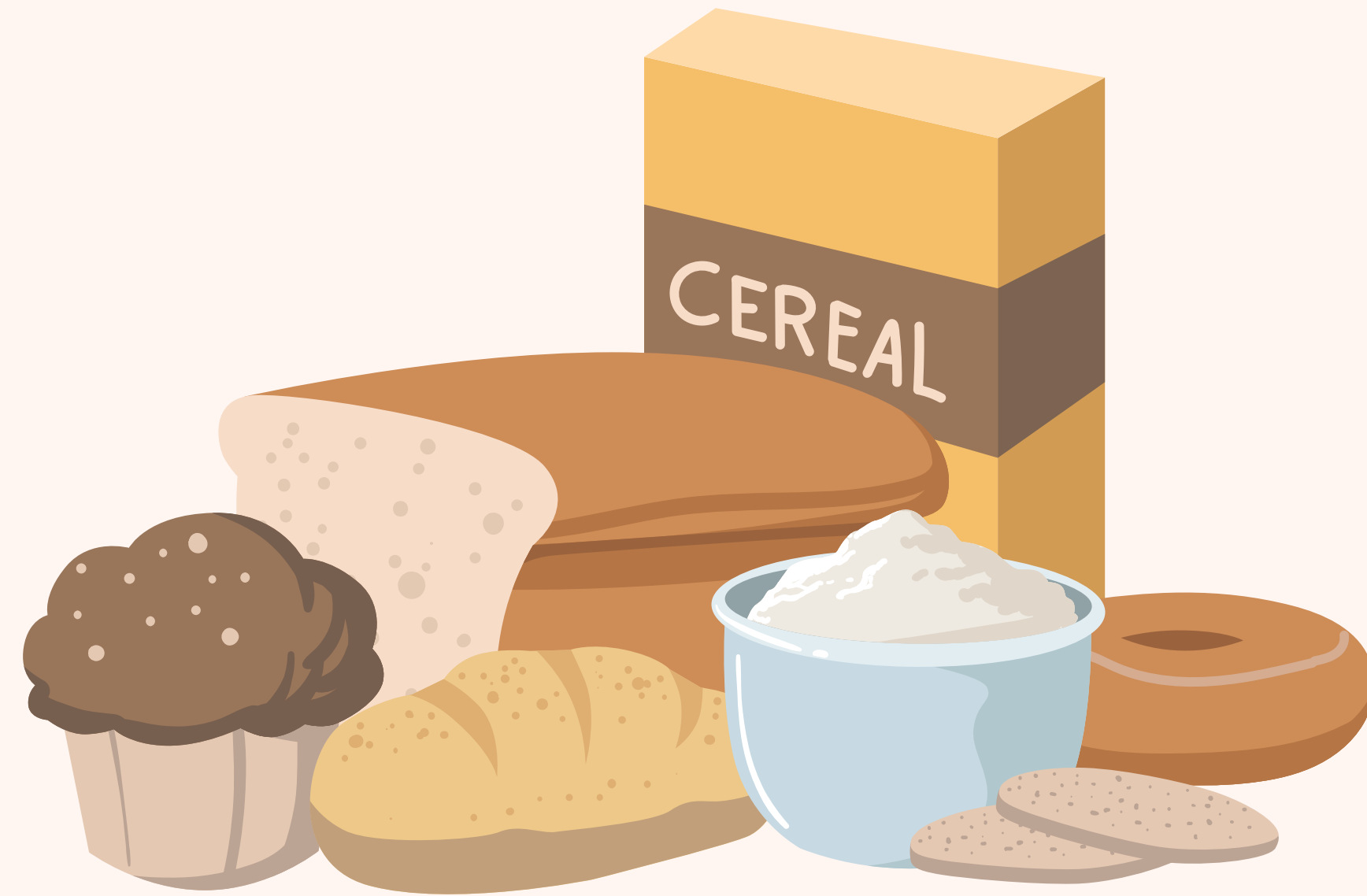


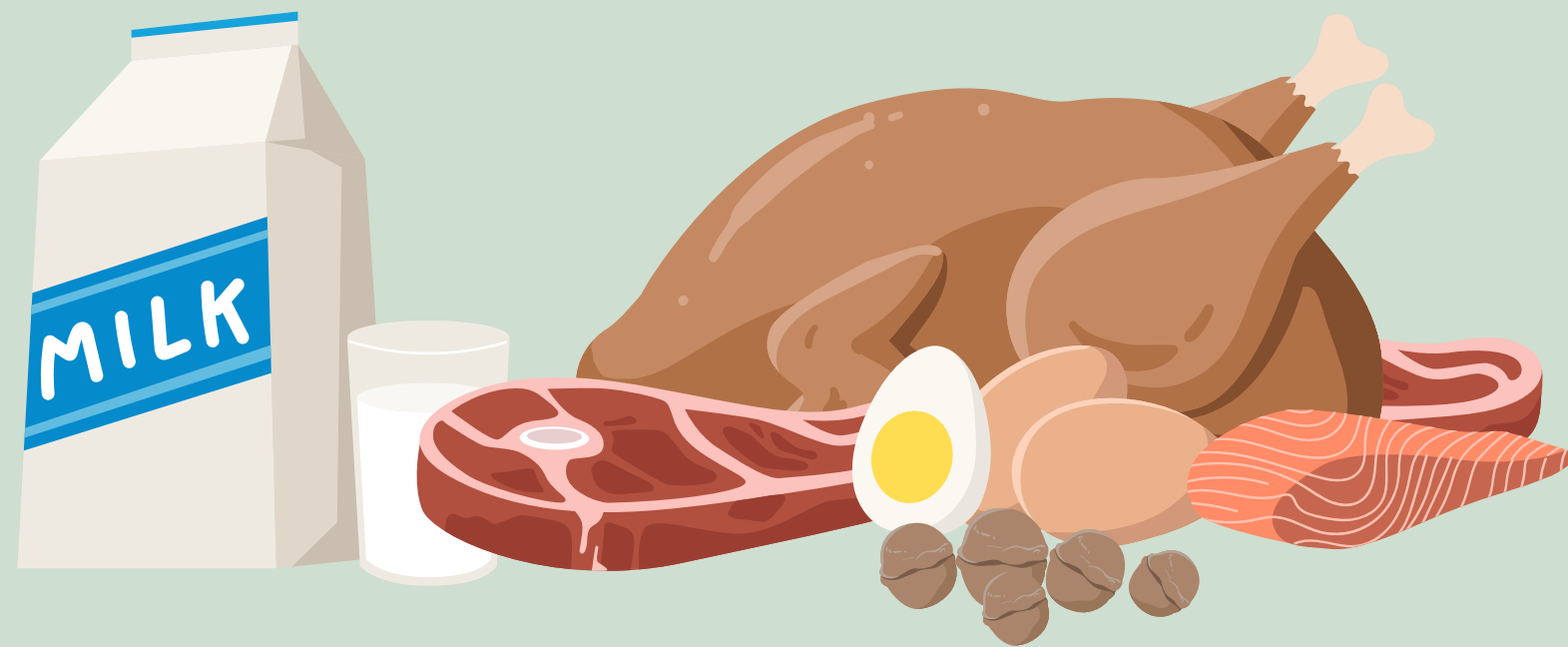
Oil & nuts

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Carbohydrates are our main source of **energy**. They are found in many foods we love, such as bread, pasta, cereals, and fruits. When we eat these foods, our body breaks down carbohydrates into smaller sugars called glucose. Glucose is the form of energy that our cells can use.

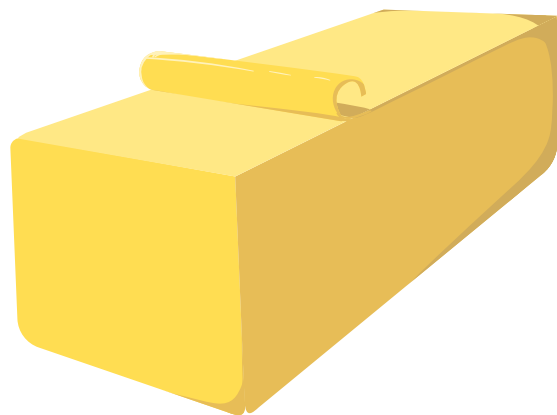




Proteins are like the building blocks of our body; they help us grow, develop, and stay strong. They are vital nutrients that assist in building and **repairing** our muscles, bones, and other tissues.

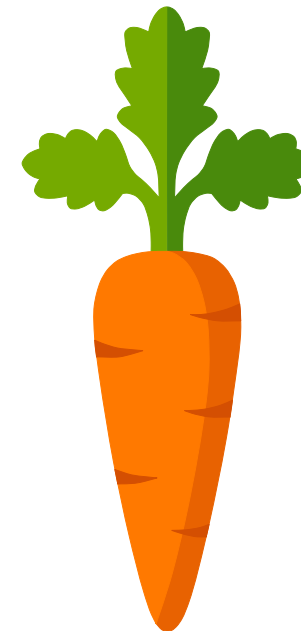
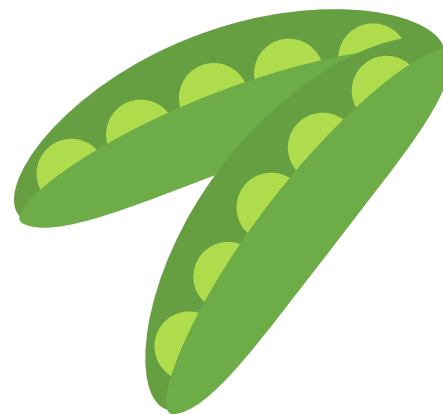
Proteins can be found in many delicious foods such as meat, chicken, fish, eggs, legumes (like beans and lentils), and dairy products (like milk, cheese, and yogurt).

There are different types of **fats**. Some are good for us, such as omega-3 fatty acids found in fish. These fats help our brain function properly and maintain a healthy heart. Other fats, like saturated fats and trans fats, should be consumed in moderation as they can be less healthy if consumed in excess.



They are special nutrients that help us grow, stay healthy, and have the energy to carry out all our activities.

Vitamins and minerals are found in many delicious foods. For example, fruits and vegetables are rich in vitamins and minerals. Carrots, oranges, spinach, and bananas are some examples of foods packed with these special nutrients.



Losing weight in Meno years

- More Protein at every meal
- Limit sugar/alcohol/Ultra processed foods
- Brown Carbs only
- 12-16 overnight fast, Optional breakfast
- Fill up plate with vegetables
- Prioritise Strength training exercise



New Guidance for Meno Women

- Avoid high levels of Vitamin A (retinol) *fish oil supplements*
- Avoid alcohol, it acts in your body like fat
- Avoid Processed foods they are high in salt
- Increase variety of vegetables/salad/spice/herbs
- Up Strength training exercise