

PASCHA CHOCOLATE

Functional Foods & Nutrition for Menopause

*How Pascha Dark Chocolate Fits
into a Balanced Diet*



Menopause is a transformative stage in every woman's life, & proper nutrition can make all the difference in navigating its challenges.

One of the leaders in Women's Menopause education & a team favorite, Dr. Mary Claire Haver, #1 New York Times bestselling author of *The New Menopause*, emphasizes that functional foods—those offering additional health benefits—are essential for optimizing hormone health, reducing symptoms, & maintaining overall well-being.

Let's explore how strategic food choices & Pascha Dark Chocolate can support your journey through menopause.

The Role of Nutrition in Menopause

Hormonal shifts during menopause lead to changes in metabolism, bone density, & cardiovascular health.

These changes can be managed through a nutrient-dense diet tailored to address common symptoms like hot flashes, fatigue, & weight gain.



Key Foods to Embrace During Menopause



PASCHA DARK CHOCOLATE (70% or Higher)

Rich in **magnesium**, dark chocolate helps reduce stress, improve sleep, & support mood stabilization. The **flavonoids** found in Pascha Dark Chocolate promote heart health, a key concern during menopause, while also curbing sweet cravings. Head to our blog [The FIX](#) for more details.

FATTY FISH (Salmon, Mackerel, Sardines)

Loaded with **omega-3 fatty acids**, fatty fish can help reduce inflammation, support brain health, & minimize hot flashes. It's also a great source of **vitamin D**, which boosts bone density & combats osteoporosis.



CHIA SEEDS

Packed with **fiber**, **omega-3s**, and plant-based protein, chia seeds support digestion, regulate blood sugar, & combat bloating. They're a versatile addition to smoothies, yogurts, or overnight oats.

DARK LEAFY GREENS (Kale, Spinach, Collard Greens)

These are nutrient powerhouses full of **calcium**, **magnesium**, and **vitamin K**, which help strengthen bones and reduce muscle cramps—a common menopause symptom. Their high fiber content also supports gut health.



BERRIES (Blueberries, Raspberries, Strawberries)

Berries are rich in **antioxidants** and **fiber**, helping to reduce inflammation and regulate blood sugar levels. They also promote healthy skin, which can become drier during menopause due to hormonal changes. Make sure to consume only organic berries due to their often-high pesticide load.

Bonus Tip: Combine Foods for Maximum Benefits

For a delicious & nutrient-packed snack, pair Pascha Dark Chocolate with a handful of berries or sprinkle chia seeds over a smoothie bowl topped with dark chocolate shavings.

This creates a satisfying treat that balances hormones, supports mood, & keeps cravings in check!

FOODS TO AVOID DURING MENOPAUSE

Refined Sugars & Processed Foods

These can trigger blood sugar spikes, worsening fatigue & increasing the risk of weight gain.

Excessive Alcohol

Alcohol may exacerbate hot flashes, disrupt sleep, & negatively impact bone density.

Caffeine

Large amounts can worsen anxiety & interfere with restful sleep.

High-Sodium Foods

Excessive salt intake contributes to bloating & high blood pressure, especially as metabolism slows.

OVERALL NUTRITION TIPS FOR MENOPAUSE

Practice Portion Control

Metabolism slows during menopause, so focus on nutrient-dense foods without overeating.

Hydrate Regularly

Water helps manage bloating and supports healthy skin.

Balance Your Plate

Ensure each meal includes protein, healthy fats, & fiber for steady energy levels.

Incorporate Mindful Eating

Savoring foods like Pascha Dark Chocolate can be part of a balanced diet while supporting emotional well-being.





OUR TEAMS PICKS FOR THE
**TOP 5 Menopause
Resources on Instagram**



ANNIE ELLIS, Menopause Nutritionist
Annie offers insights into menopause nutrition and fostering a healthy relationship with food during midlife. Instagram [@aellisnutrition](#)



DR. MARY CLAIRE HAVER
Author of "The New Menopause," Dr. Haver provides evidence-based information on menopause and nutrition. Instagram [@drmaryclaire](#)



THE MENOPAUSE KITCHEN
This platform offers recipes & nutritional advice tailored for menopausal women, emphasizing functional foods. Instagram [@themenopausekitchen](#)



EMMA BARDWELL
A registered nutritionist specializing in menopause, Emma offers practical dietary advice to support women through midlife transitions. Instagram [@emma.bardwell](#)



THE NOURISHED MENOPAUSE
Focused on perimenopause, this account provides guidance on nutrition & lifestyle to support hormonal balance. Instagram [@thenourishedmenopause](#)



Pascha Dark Chocolate: A Menopause-Friendly Superfood

Among functional foods, Pascha Dark Chocolate stands out as a powerhouse ingredient that supports menopause in multiple ways from mood to cardiovascular support.

Pascha Chocolate is made with organic, sustainable ingredients, making it the perfect Superfood treat.

Incorporating Pascha Dark Chocolate into a menopause-supportive diet is both delicious PLUS beneficial. Whether enjoyed on its own, blended into smoothies, or paired with nutrient-rich nuts and berries, it's a functional food that promotes both physical & emotional well-being during this transformative stage.

By embracing functional foods like Pascha Dark Chocolate, women can empower themselves with the nutrition they need to thrive during menopause.

ABOUT PASCHA CHOCOLATE

Pascha Chocolate comes from the foothills of the Andes mountains. We make our chocolate "Bean to Bar/Chip" at the source, meaning the cacao beans only travel minimally from the field to a local village to a nearby chocolate factory.

The purer the chocolate - the greater the impact. It's science!

Pascha is vegan, organic, sustainably sourced (Rainforest Alliance), 1% for the Planet, 100% plant-based, allergen-friendly, gluten-free and includes keto-friendly options.

Our YUMMY chocolate collection includes
55% to 100% Cacao Dark Chocolate Bars and Baking Chips.

REFERENCES

Meegaswatte H, Speer K, McKune AJ, Naumovski N. Functional Foods and Nutraceuticals for the Management of Cardiovascular Disease Risk in Postmenopausal Women. Rev Cardiovasc Med. 2024 Dec 25;25(12):460. doi: 10.31083/j.rcm2512460. PMID: 39742223; PMCID: PMC11683719.

Silva, T. R., Oppermann, K., Reis, F. M., & Spritzer, P. M. (2021). Nutrition in Menopausal Women: A Narrative Review. Nutrients, 13(7), 2149.

Nutrition in Menopausal Women: A Narrative Review

Healthy Nutrition at Menopause | The Institute for Functional Medicine

Daily Chocolate May Rejuvenate Your Life After Menopause

Dark Chocolate and Well-Being in Menopausal Women: A Study on Depression and Overall Health

The Power of Protein & Resistance Training | The 'Pause Blog

8 Science-Backed Tips for Better Metabolic Health | The 'Pause Blog

Pascha™