



WOMEN IN BALANCE

NUTRITION GUIDE

For Hormonal Balance

Eat Better,
Feel Better.

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About Us

We are Peggy and Monique, the founders of XbyX - Women in Balance. We are both passionate about **nutrition, exercise and a healthy lifestyle** – and the impact that these factors have on our bodies and hormones. Peggy is a licensed food coach and she's currently going through perimenopause. So, we know what we're talking about. ;)



Peggy & Monique

We focus on sharing our knowledge to provide holistic solutions specifically for women over 40 to support hormonal balance, menopause and healthy ageing. All of our products are developed in collaboration with our trusted team of experts from the fields of science and medicine. Follow us on www.xbyx.com and Instagram [@xbyxwomen_en](https://www.instagram.com/xbyxwomen_en) for helpful tips and to stay in the loop!

Curious about our name? XbyX is a combination of "XX" to represent the female chromosome and "Step by Step" for gradual improvements to your diet and lifestyle.



Healthy Eating After 40

We all know that a **balanced diet** is important but it becomes even more vital now, starting during middle age. The **reasons** for this are tenfold:



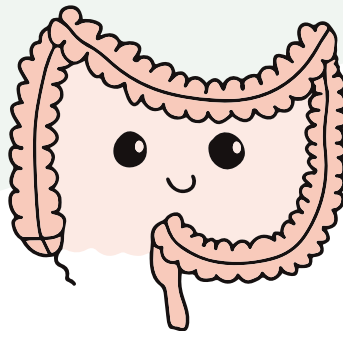
1. Healthy Ageing

An **unhealthy diet** often contributes to various **illnesses** such as cancer, diabetes and Alzheimer's. **Genetics** play a relatively minor role, accounting for only about **10 to 20%**. This means that a healthy diet has the potential to prevent a significant 80% of non-communicable diseases.

2. Hormonal Balance

The **hormonal fluctuations** during middle age and the natural **decline in oestrogen levels** place strain on a woman's body. For this reason, we need to increase our nutrient intake. This is also when some menopausal symptoms start to appear, so we want to do what we can to minimise them, too.





3. A Healthy Gut

We have incredible diversity within our gut, ideally with **"good" bacteria** dominating our **microbiome**. Our microbiome influences our metabolism and nutrient absorption, helping us to absorb certain **vital nutrients** better, like vitamin B12 for example. Our microbiome also influences our **mood, stress responses, depression and anxiety**. Maintaining healthy gut flora is doubly important during this time.

4. Metabolism and Weight

Hormonal changes also impact **metabolism**. Nutrient requirements and how the body uses these **nutrients** are different now, and it shows up in the following ways:

- **Lipid metabolism changes** – this affects cholesterol levels
- We process **carbohydrates** less efficiently than before – we are more sensitive to sugar
- We process **proteins** less efficiently – if we eat as we did before, fewer amino acids (the building blocks of protein) are available for muscles, bones and hormones.

All of this **influences our weight and body composition**. Moreover, our metabolism also affects our energy levels, sleep quality, well-being, performance, digestion, skin and much more.





5. Inflammation

As we age, **chronic inflammation** tends to increase, which in turn contributes to conditions such as atherosclerosis, cardiovascular diseases, diabetes and Alzheimer's. Furthermore, it accelerates the overall ageing process — sometimes called “**Inflammaging.**”

Certain foods have the ability to mitigate inflammatory processes within the body, while others have the potential to trigger or exacerbate them. It's important to realise that the dietary choices we make now significantly **impact our health during middle age and later in life.**

What do these 5 points illustrate?

To achieve a healthy balance as you enter middle age, you should be mindful of your eating habits and ensure that you're nourishing your body appropriately. So pick up your knife and fork and give your body the nutrients it needs!



Fuel for the Body

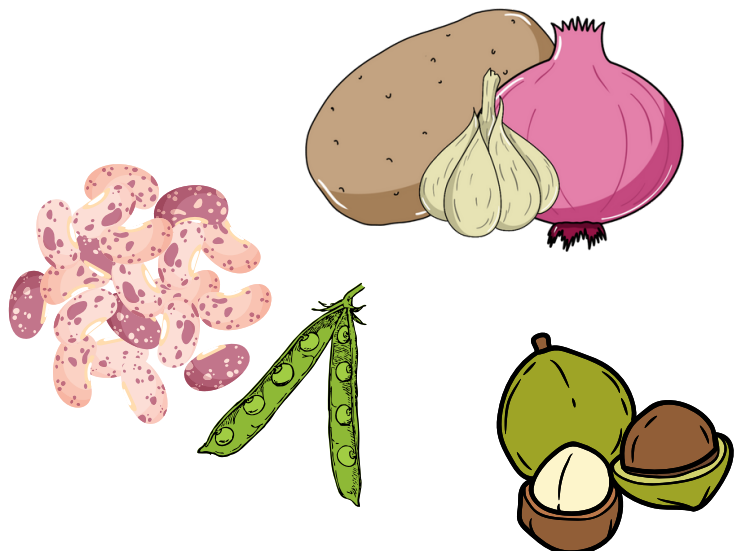
When it comes to the "ideal" nutritional balance, opinions are divided. Every few years, a new trend sweeps through the zeitgeist: Atkins, Keto, Low Fat. Nutritional approaches often stir up as much emotion as politics and religion.

However, **eating smart doesn't have to mean following rigid concepts or blindly adhering to fixed rules.** Rather, it's about giving your body the fuel it needs to restore the body and maintain optimal health

The Big Players: Macronutrients

Everything we eat provides our body with energy. Our bodies break down the organic components from our food and use these **building blocks for creating, breaking down, and upkeeping bodily structures.** This process is called metabolism, or energy **metabolism** to be precise. :

- Carbohydrates
- Proteins
- Fats



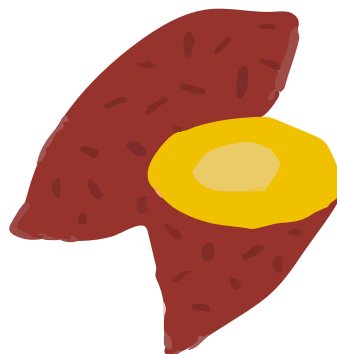


Each macronutrient plays a unique role with its own set of benefits. Rather than labelling any of these villains or excluding them entirely, it's all about finding a harmonious balance.

Carbohydrates serve as our primary energy source, fueling both body and mind for the demands of daily life.



Complex carbohydrates, found in whole grains are best because they offer sustained energy compared to the quick boosts provided by simple sugars or refined flour. Fibre, which is also a type of complex carb, plays a crucial role in digestion; promoting feelings of fullness and regulating blood sugar levels.

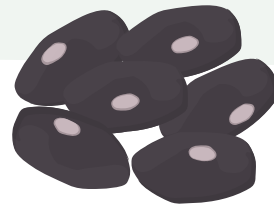
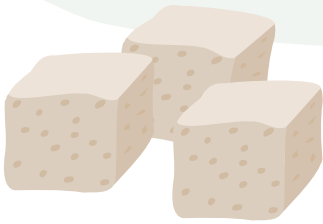




Protein is essential for various bodily functions; including metabolic processes, muscle development and hormone synthesis.



Variety is key when selecting protein sources – opting for a diverse range ensures your body receives all the necessary building blocks it needs. If you're vegetarian or vegan, it's important to combine various protein sources in order to obtain all nine essential amino acids.



Our ***XbyX Daily Energy Protein Superfood Shake*** is a blend of five different types of protein namely pea, hemp, lupine, sunflower and rice. It includes a complete amino acid profile as it contains **all nine essential amino acids**.

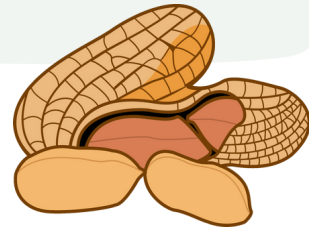




Fats play a vital role in our overall well-being, too. They provide energy, act as insulation for our body, aid in the absorption of essential vitamins and even contribute to hormone production.



While it's true that fats contain more calories, it's important to emphasize the significance of unsaturated fats for our health. **Omega-3 fatty acids** in particular are a must-have.



Consider incorporating omega-3 fats from sources like **algae oil** into your routine.



Little Helpers

Micronutrients

In addition, the body also needs **vitamins and minerals** regularly, albeit in **microscopic** amounts. They all have very specific functions and are **essential**.

Want to learn more about them? At the end of the guide, you'll find more detailed information..

Other Vital Substances

Don't forget about the other little helpers that are often overlooked but make a big difference in your body! We're talking about plant compounds like **phyto-extracts, flavonoids, adaptogens, bacteria, vitamin-like substances, enzymes** and more. You can find these hidden heroes in spices, herbs, vegetables, and fruits – all waiting to be part of your healthy daily diet.

Just as a car can't run for long on the wrong fuel, a body also can't function well and long-term with an unhealthy diet.



Our body responds in the form of **digestive problems, inflammatory reactions, intolerances, gut issues, poorer blood values, a lack of energy** and more. This applies to everyone but becomes much more noticeable from our 40s onwards.

And what about inflammation?

Some foods calm down the body's inflammatory processes, while others fan the flames. By choosing foods that keep inflammation in check, we're giving ourselves a healthy boost and setting the stage for a longer, happier life. **As always in life, finding that balance is key!**



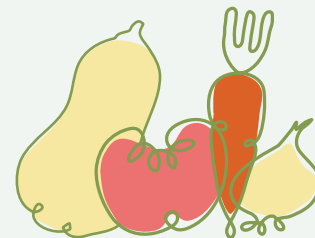


Pro-Inflammatory Foods (promote inflammation):

- Foods with refined sugar and highly processed flour
- Highly processed products like margarine, many spreads
- Packaged foods, as they are often rich in unhealthy fats, salt and sugar
- Alcohol
- Foods with artificial additives like cereals, bread, packaged sauces – always check the ingredient list!
- Meat and fatty dairy products – the quantity makes the difference!

Anti-Inflammatory Foods (inhibit inflammation):

- Legumes like lentils and beans
- Whole grains (cereals)
- Probiotics
- Fibre
- Nuts and seeds
- In general, food in their natural forms that do not contain additives



Simple 7 - A Simple Concept

Research has shown that a **Mediterranean dietary pattern** can promote longevity and muscle health.

The Mediterranean diet is packed full of **fresh fruits, vegetables, olive oil, fish and seafood, moderate amounts of lean dairy products, a few eggs and poultry, minimal red meat and the occasional glass of red wine with meals**. Another very crucial aspect of this diet is that the majority of meals are home-cooked.

This type of diet provides **numerous bioactive nutrients** that supply the body with everything it needs from 40 onwards.



What you should eat every week according to the Mediterranean diet:



7

This is why we developed the **SIMPLE 7 guideline**, bringing the essence of the Mediterranean diet to your table. You don't need to follow any complicated rules or dogmas, and you don't need to leave anything that's good for you off the menu. It's quite simply based on the seven food groups.

Have a look at your plate each day; whether it's breakfast, lunch or dinner; and make sure you've followed what's recommended. Healthy eating doesn't mean eating less, but rather eating smart. Sometimes, it's about incorporating, not omitting food from your diet, in order to give your body everything it needs to thrive.

Remember, you don't need to stick to the guideline with absolute precision – think of it more as an 80/20 rule. Treating yourself every now and again is part of staying healthy in body and mind!

The Seven Food Groups

The Simple 7 guideline contains the seven food groups you need to create a balanced meal:

Fruit and vegetables, protein, fibre and complex carbohydrates, probiotics, healthy fats, fluids, herbs and spices and plant extracts (the finishing touch).

SIMPLE





1. Fruit and Vegetables

Fruit and veg provide a treasure trove of vitamins, minerals, enzymes and valuable secondary plant compounds – all without the calorie overload. Each type has its own unique blend of nutrients. Eat the rainbow — this means eat a diverse array of colourful fruit and veg every day; especially dark leafy greens like kale, spinach or lettuce. Just one portion a day can lower your risk of dementia, cognitive decline and brain ageing, courtesy of the folic acid, vitamin E and carotenoids they contain.

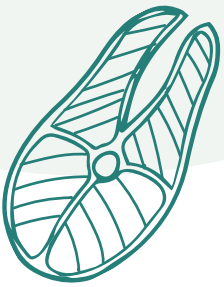
When it comes to fruit, remember the age-old saying, "An apple a day keeps the doctor away." Berries like strawberries or blueberries keep the mind sharp thanks to the abundance of flavonoids they contain.

Note: Fruit is fantastic but contains a lot of natural sugar, so lean towards loading up on veggies first.

Your aim:

Around 500 g of veggies and some fruit each day





2. Protein

Proteins are an absolute must-have for women over 40 as they serve as the fundamental building blocks for our cells, muscles and bones. This becomes even more crucial postmenopause, as declining oestrogen is linked to lessening muscle mass and bone strength.

What's also important is that protein helps us feel full. In addition to their muscle-building benefits, they help us to manage and lose weight. So, make sure to incorporate protein into every meal, preferring plant-based over animal protein.

Thankfully, a lot of plant-based foods boast high protein content; like peas, chickpeas, hummus, lentils, various types of beans, millet, quinoa, brown rice, hemp, lupine, tofu or tempeh (soy-based), amaranth, oat flakes and bran, seeds, grains and nuts. Even certain vegetables like spinach, broccoli or potatoes contain protein, albeit in smaller amounts. An added bonus of plant proteins is that they're rich in fibre and B vitamins, too.



For a comprehensive protein boost, **complete plant-based protein powders that contain all nine essential amino acids** are a fantastic source:

DAILY ENERGY

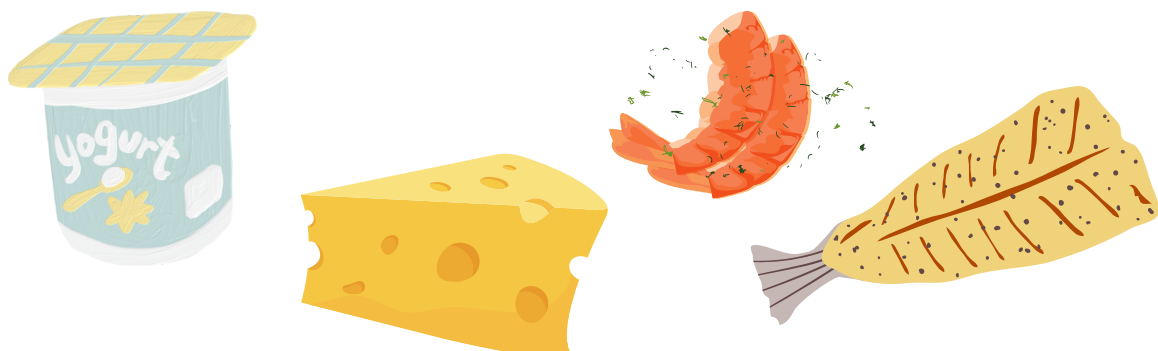
DAILY ENERGY PLAIN



Animal protein includes **meat, dairy products, eggs, cheese and fish**. Eat red meat rarely because it's high in saturated fat. Fish and seafood can be on the menu two to three times a week. They are doubly healthy as they provide healthy omega-3 fats alongside protein.

Your goal:

Daily intake of 1.2 to 1.6 g of protein per kilogram of body weight – or to put it more simply about 30 g of protein with each meal.





3. Fibre and Complex Carbohydrates

Don't forget the importance of fibre and complex carbohydrates, such as whole grain versions of grains, rice, pasta and so on. They are indispensable as they provide us with sustained energy throughout the day, contribute to healthy gut flora, enhance stress resilience and help us maintain a balanced mood.

Fibre plays a vital role during menopause, particularly in cases of oestrogen dominance during perimenopause, as it aids in the removal of excess oestrogen. Fibre also makes us feel full, encourages digestion and helps us to maintain a healthy weight. Furthermore, prebiotics – found in foods like onions, garlic, acacia fibres, artichokes, bananas, chicory and asparagus – nourish our invaluable gut bacteria!

Fibre	Examples
Vegetables	Broccoli, cauliflower, cabbage, root vegetables (turnips, carrots, parsnips, etc.), artichokes, chicory, garlic, onions, leeks, asparagus, beets, fennel, green beans
Legumes	Chickpeas (and hummus), peas, lentils, kidney beans, black beans, soy

Fibre	Examples
Fruit	Bananas, berries, apples, nectarines, peaches, persimmons, grapefruit, pomegranate, dried figs, dates
Nuts and seeds	Cashews, almonds, pistachios, chia seeds, flaxseeds, psyllium husks



Did you know?

Another fascinating group of secondary plant compounds to focus on is lignans. These have a partly phytoestrogenic effect and can provide relief from hot flushes and can help protect against breast cancer. (24) Moreover, they have a positive effect on bone health and enhance cognitive abilities. (25) Foods that are rich in lignans include flaxseeds, schisandra (an adaptogenic herb), pumpkin seeds, cranberries and sunflower seeds.

If you generally don't eat a lot of fibre, start small and gradually increase your daily intake to allow your digestive system to adapt. In addition, drink plenty of water!

Your goal:

Aim for a daily intake of 35-45 g of fibre





4. Probiotics

Live bacterial cultures play a significant role in cultivating a thriving microbiome within our digestive system. The gut is very important in maintaining hormonal balance, influences mood, the immune system, oestrogen metabolism, vaginal microbiome, and supports bioavailability and nutrient absorption. Moreover, the composition of our gut bacteria is linked to conditions like diabetes and obesity.

Studies suggest that probiotics could contribute to reducing bone density loss during postmenopause. The underlying mechanism revolves around the gut's impact on the immune system, which in turn influences bone density.

To nurture our gut bacteria, it's essential to provide it with their preferred nourishment — a combination of fibre and a diverse array of probiotic-rich foods. That doesn't mean that you have to add probiotics to each meal, but you should have probiotics with at least one meal every day. This is because our body cannot store these beneficial microorganisms.

For optimal results, aim to incorporate various sources of probiotics into your diet.



Your goal:
Aim to eat at least 1-2 servings of probiotics every day



Probiotics	Examples
Fermented dairy	Yoghurt, kefir, buttermilk, ayran
Vegetables fermented in salt	Sauerkraut, cabbage, beets, eggplants, cucumbers, beets, onions, carrots, kohlrabi – probiotics only survive if they are not heated and pickled in salt (not vinegar).
Kimchi	Korean dish made from pickled cabbage, radish, shallots, cucumber, fish sauce and spices. Available in many variations in health or organic food stores.
Natto	Japanese dish made from fermented soybeans (contains Vitamin K2).
Kombucha	Fermented drink made by fermenting black or green tea using a combination of bacteria and yeast cultures.
Water Kefir	Water kefir is made by fermenting sugar water with small gel-like clumps of bacteria and yeast.



5. Fats



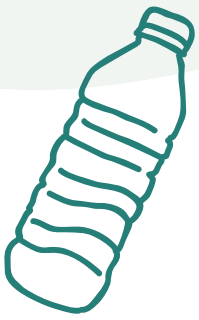
Healthy fats are another must-have after 40 as they're essential for hormone production, cell membranes, absorbing vitamins A, D, E and K and they protect our organs. Omega-3 fats, in particular, play a protective role in the brain, heart and arteries due to their anti-inflammatory properties, guarding against issues like cardiovascular diseases and Alzheimer's. These fats also support hormonal balance, mood, skin health and can even reduce the frequency of hot flushes and night sweats.

The main focus should be on the fatty acids like DHA and EPA found in fish, algae or algae oil. You should be getting ALA too, ideally from sources like flaxseed oil, flaxseeds and walnuts. Nuts are rich in fat-soluble vitamin E, known for its brain-protective properties. When you're in the mood for a snack, reach for a handful of natural, unsalted and unroasted nuts. Consume saturated animal fats in moderation and avoid the trans fats found in highly processed products as much as possible.

Your goal:

Include omega-3-rich fish twice a week and eat a handful of nuts or seeds five times a week.





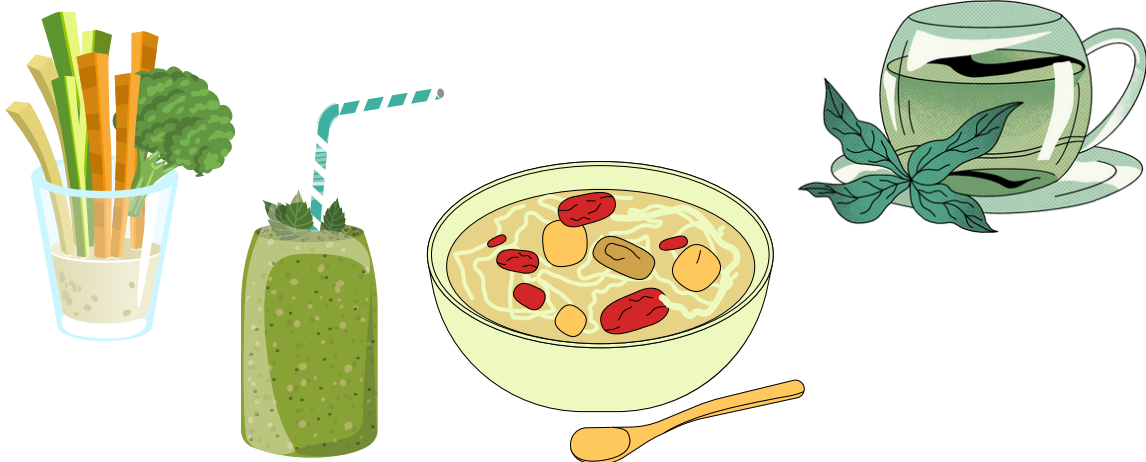
6. Fluids

Fluids? Yes, they're also part of healthy nutrition after 40. Water or unsweetened tea should be the main sources of your daily fluid intake. Additionally, you can top up your fluid intake from foods like soups and smoothies. When we eat plenty of vegetables, we reap the benefits of feeling full and satisfied for longer because they are high-volume food and contain a lot of water.

Staying hydrated is especially crucial during menopause. Remember that calorie-rich beverages like lattes or juices are more akin to meals than simple thirst-quenchers.

Your target:

Aim to drink at least 2 litres of water or unsweetened tea every day.





7. The Finishing Touch

Here's the final touch, the dot on the "i," which might sound small but holds substantial impact — **herbs, spices and plant extracts**. They contribute to our overall well-being by supporting various processes within our body.

Here's a small selection:

- **Herbs and spices** have anti-inflammatory properties (turmeric and garlic), enhance nutrient absorption (black pepper), aid digestion (cumin and ginger) and even offer relief for issues that affect women, for example, medicinal plants like dandelion, lady's mantle and nettle.
- **Adaptogens** provide us with a wide range of benefits. They help us adapt to stress better, for example:
 - Ashwagandha (found in *Take It Easy*),
 - ginseng, lion's mane mushroom (both in *Think Clearly*),
 - maca (in *Lust For Life*),
 - camu camu, chaga, cordyceps mushroom and schisandra (both in *Phyto Power*),
 - along with ginkgo biloba, Indian gooseberry, maitake mushroom, reishi mushroom (in *Peri Balance*),
 - tulsi, rhodiola rosea and shatavari, among others.





- Plants with **phytoestrogens** and **phytoestrogens** (in **Phyto Power**), which are commonly used during menopause, include Pueraria mirifica, red clover, schisandra, chaste tree, or Siberian rhubarb. Black cohosh is also often used. The latter doesn't contain phytoestrogens but affects different neurotransmitters, producing a similar effect.

Your goal:

Add one to two of these “finishing touches” to each meal!



All of our XbyX plant extracts harness the full power of nature and contain adaptogens and/or phytoestrogens.

>> [Shop all products here.](#)





Did you know?

Spicy food, some spices (like ginger), coffee and alcohol can exacerbate hot flushes and night sweats in some women. If this is the case for you, try to avoid them when possible.

Sugar can exacerbate certain menopausal symptoms as well, such as night sweats, hot flushes, digestive issues, brain fog, sleep troubles and can contribute to weight gain. It's time to bid farewell to sugar once and for all! Also, keep an eye out for added sugars that often sneak into processed foods.



Remember these five fundamental principles to get all the nutrients you need after 40:

01

Too much sugar and too many refined carbohydrates have a negative impact on our body weight, skin, well-being and blood sugar levels and can cause inflammation.

02

Eating more plant-based and fewer animal-based foods is good for your body. Vegetables, legumes, pulses and so on can prevent diseases and alleviate menopausal symptoms.

03

Adequate amounts of protein, especially during middle age, are beneficial for promoting satiety and supporting the maintenance of our muscles and bones.

04

Too many unhealthy fats and too few healthy fats have negative effects on hormones, heart and brain.

05

Not eating enough probiotics and fibre negatively impacts our gut health.



Most importantly, forget about weighing your food, meticulously measuring each ingredient and counting calories. Eating well is supposed to be enjoyable and a pleasure, not burden you with more stress.



The Perfect Plate

$\frac{1}{2}$

Abundant leafy greens, cruciferous vegetables, mushrooms, fruit and vegetables (preferably berries and stone fruits)

A moderate amount of healthy fats



$\frac{1}{4}$

Complex carbohydrates from whole grains like oats, spelt, rice, millet and couscous, starchy vegetables like potatoes

$\frac{1}{4}$

Proteins (preferably plant-based) like lentils, pulses and beans, fermented dairy products, fish, eggs, cheese, poultry in moderation and red meat on rare occasions

Nutritional Checklist



Step by step.

Reflect on your current eating habits and see which elements of the Simple 7 guideline are missing. Maybe there's not enough fibre in your diet, you're not eating any probiotics and eating too many processed foods?

3 SMART goals to implement over the next 3 weeks:

SMART goals are:

S Specific (as precise as possible)

M Measurable

A Achievable

R Realistic (must be achievable)

T Time-bound (milestones)

Goal 1

For example::
Over the next two weeks, I'm going to try a new vegetable every day.

Goal 2

For the next five days, I'm going to prepare cauliflower in a new way.

Goal 3

Frequently Asked Questions

1. I'm overwhelmed by all the different micronutrients. Which ones are the most important?

We hear you – it can be very overwhelming and downright complicated, too. Our Simple 7 guideline is an easy way to start. You might also like to visit your doctor to have a blood test done to determine your individual micronutrient levels. This will help you to figure out if you have any deficiencies as well as which micronutrients you need more of.

Based on my own experience, these five nutrients are particularly **important for women over 40: proteins, vitamin D, magnesium, omega-3 and the B vitamins.**



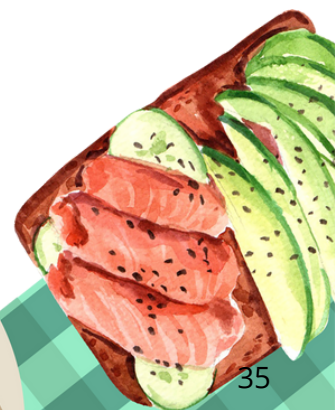


2. I know plant-based proteins and fibre are good for me, but my family turns up their noses. How can I make this work?

For many people and cultures, a meal simply isn't complete without meat on the plate. Plus, nibbling on a few salad leaves while your family enjoys a hearty plate of pasta also isn't a lot of fun. So, let's get creative and adjust the portions.

You can still enjoy some pasta or meat, but limit it to about $\frac{1}{4}$ of your plate and enhance it with plenty of vegetables and protein-rich options like tofu, chickpeas, feta or the like. Why not try pasta made from lentils, peas, beans or other legumes – it might just tickle everyone's fancy! Best of all, this approach doesn't require cooking two different meals, it's just about optimising a little

You can also try experimenting with delicious new recipes and using flavoursome herbs, spices and other diverse ingredients. It may just lure your partner and/or your kids out of their comfort zones. That's a win-win if you ask me!





3. How can I eat more legumes? Do you have any tips and tricks?

Easy! Precook a large pot of lentils and beans in advance. You can use them in soups, stews, salads (lentil salad), dips (hummus, bean dip) or casseroles.

For those with a more sensitive stomach, soak the legumes in water overnight and prepare them with herbs like cumin, mint, ginger or cinnamon, as these spices help prevent bloating.

If you're in a hurry, buy pre-cooked chickpeas, beans and others in cans or jars. While this is not the most environmentally friendly option, at least you're getting the protein you need. If you opt for canned produce, opt for organic options!

4. How on earth should I eat 500 grams of vegetables? That's impossible!

It always seems impossible until it's done (as Nelson Mandela once said). A simple trick is to prepare them in lots of different ways. Experiment with blending your vegetables into soups or smoothies. Instead of an evening sandwich with cold cuts, consider a slice or two of whole-grain bread topped with radish, cucumber, hummus, fresh chives, a drizzle of lemon and a sprinkle of freshly ground pepper. ;) While fresh organic produce is fantastic, don't underestimate the nutritional value of frozen vegetables – they retain all their nutrients.

Start with baby steps by incorporating just one vegetable-based meal into your daily routine and gradually build from there. This approach will quickly lead you to the goal of 500 grams. Promise!



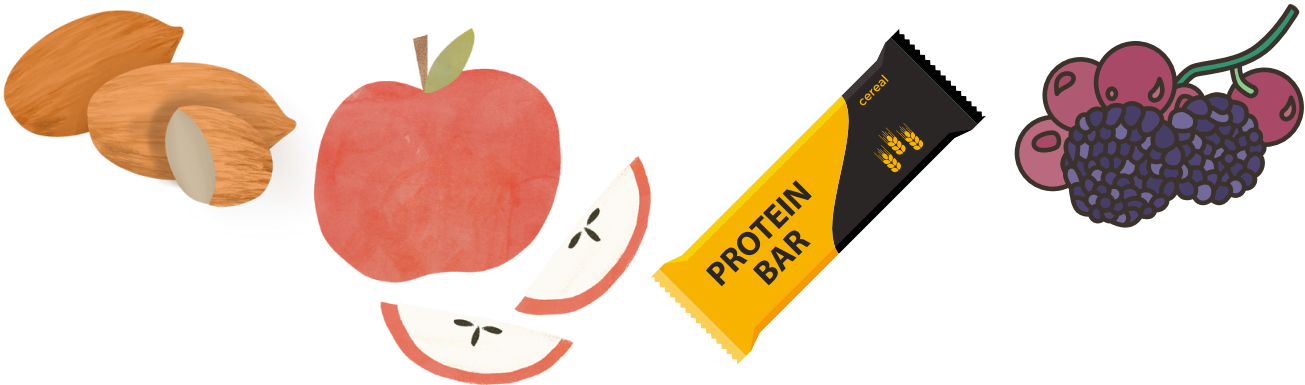


5. How do I eat healthily when I'm on the go?

That's one of the biggest challenges in my opinion, as options are often limited to protein bars, cookies, muffins or sandwiches drenched in mayo, lacklustre pseudo-tomatoes and droopy lettuce. Anyone with a busy schedule can relate to this scenario.

Our suggestion is to pack your own snacks such as almonds, dried fruits, veggie sticks, hummus, Bircher muesli, apples, berries, sugar-free protein bars and ***XbyX Daily Energy Protein Superfood.***

We have a great recipe for healthy energy balls that are perfect for when you're on the go.



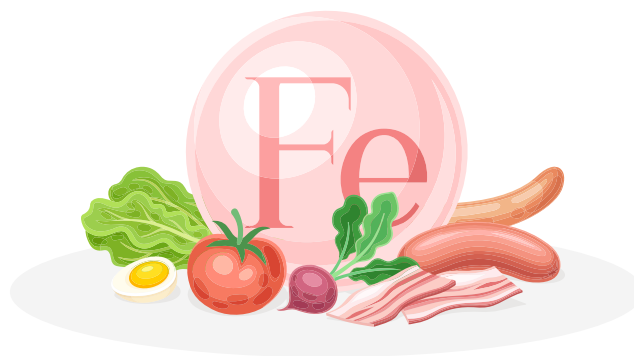


6. Do I really need dietary supplements?

That depends on your eating habits, fitness level, how much physical activity you do, your stress levels, genetics and personal medical history. Even if you're already eating a healthy and wholesome diet, achieving optimal nourishment can sometimes be challenging.

That's because soil is becoming more depleted, food processing can lead to nutrient loss and lengthy transportation distances can significantly reduce the vitamin content of produce by the time it reaches your kitchen table.

A blood test can provide better insights into any deficiencies and potential supplementation needs you might have. But remember, dietary supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. They are simply meant to enhance your diet!





Become a Micronutrient Expert

B Vitamins

B vitamins (B12, B6, biotin, folic acid) are vital for **brain health, nerve function and managing stress** – that's why they're in all of our *XbyX products*. You can find these in a variety of foods too, like beans, lentils, leafy greens like spinach, kale, romaine lettuce and in almonds, nuts, bell peppers, asparagus, mushrooms, chicken, sardines, shrimp and scallops (Saint James scallop). Remember, our bodies cannot store water-soluble B vitamins (except B12)..

Choline

Choline, an essential nutrient similar to B vitamins, plays a crucial role in brain health as we age. During menopause, choline production decreases alongside oestrogen. You can find choline in egg yolks (1 egg = 147 mg), meat, soybeans and caviar (1 tsp = 78 mg). The recommended amount of choline for an adult is 425 mg. Our ***Daily Energy Protein Superfood*** and our plant extract ***Think Clearly*** both contain choline.

Vitamin D3

This becomes crucial during the winter months when the sun is scarce. It's a key player for our bones, mood and the immune system. Our tip is to have a blood test done to check your vitamin D levels and then supplement as required.



Magnesium

An all-round champion especially during menopause. With a role in over 300 bodily processes, it's crucial for muscles, bones and energy metabolism. (8) Get your magnesium fix from ***Daily Energy Protein Superfood*** (168 mg) and ***Take It Easy*** (196 mg).

Calcium

The foundation for strong bones – calcium helps with blood clotting and plays an important role in every single one of our cells. It lends stability to cell membranes, participates in intracellular signalling and supports the transmission of nerve and muscle impulses. While dairy products are a common source, don't forget about dark leafy greens like broccoli, spinach, kale or romaine lettuce. Just around 30 grams, roughly a large handful of fresh or steamed greens, offers 90-120 mg of calcium. You'll also find it in legumes (think soy, tofu, lentils) and sardines. Be aware of pork, cola and fast food though – they can deplete the calcium levels in our body! Aim to get 1,200 mg of calcium daily.



Iron

Iron ranks high among the most crucial nutrients for women. Iron stores can quickly become depleted, especially if you have long or heavy periods. Signs to watch out for include fatigue and low energy. Find your iron fix in whole grains like wheat bran, oats and amaranth, as well as beans, lentils, dark leafy greens, dried fruits, nuts and seeds. The ideal combo? Pair iron-rich foods with vitamin C-packed options like lemon, bell peppers, broccoli or parsley – this turbocharges your body's iron absorption. Aim for around 8 mg of iron per day.

Zinc

This one is a true multitasker. It bolsters the immune system, acts as an antioxidant to protect cells and works wonders for hair, skin, nails and bones. You can find zinc in our [***Daily Energy Protein Superfood***](#), [***Think Clearly***](#) and [***Lust For Life***](#) products. Aim for around 25 mg of zinc daily.

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