



HOLISTIC  
HEALTH NUTRITION

## Mediterranean Diet

Gut friendly  
Prebiotic and  
probiotic  
foods

Mediterranean style of eating is believed to be the best for heart health, bone health, and general wellness. It offers the most helpful support through Menopause and beyond

Natural,  
homemade,  
unprocessed  
foods

Wholegrains such as  
oats, quinoa, barley,  
rye, buckwheat,  
wholemeal bread  
and cereals are rich  
in vitamins &  
minerals

Herbs & spices  
may reduce hot  
flashes, improve  
mood, restful  
sleep, and energy

Plenty of different  
colour fruits and  
vegetables are  
sources of anti-  
inflammatory and  
antioxidants

Moderate  
Alcohol,  
caffeine,  
and sweet  
foods.



Variety of  
herbs and  
spices, Low  
salt

Omega-3 foods  
supports nutrient  
absorption, efficient  
metabolism, and  
helps prevent  
osteoporosis and  
arthritis

Healthy Mono  
and Poly  
unsaturated fats  
can improve heart  
health, brain  
health, eyes, skin,  
& hairs

Protein rich foods  
can improve heart  
health, bone health,  
immune health,  
brain function &  
mood