



Nutrition and Perimenopause & Menopause

Summary

Perimenopause and menopause are significant life transitions that can bring a range of physical and emotional changes. Nutrition plays an important role in supporting overall wellbeing, helping to manage symptoms, and promoting long-term health.

This introductory short course provides an evidence-informed overview of the nutritional strategies that can positively influence health during perimenopause and menopause. Whether you're looking to better understand these life stages or support your own health journey, you'll gain practical knowledge that can be applied immediately.

This course is ideal for:

- Women approaching or experiencing perimenopause and menopause
- Health-conscious individuals wanting to improve their nutritional wellbeing
- Health and wellness coaches seeking a foundational understanding of menopause nutrition
- Anyone interested in the role nutrition plays in supporting healthy ageing

Learning Outcomes

1. Understand the difference between Perimenopause and Menopause
2. Be aware of the health issues that affect women during perimenopause/menopause
3. Understand how to achieve and maintain a Healthy Nutritional Status

Content

- What is Perimenopause
- Balanced Nutrition Recommendations
- Nutritional Status during Perimenopause
- Maintaining and Achieving a Healthy Nutritional Status
- Fluid Intake in Menopause
- Lipids Metabolism Disorders in Menopause
- The Role of Micronutrients in Menopause
- Soy and Phytoestrogens and Menopause
- The Role of Microbiome in Menopause
- Sleep and Menopause

Assessment

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed via the following:

- 1x end-of-term quiz

Pre-requisites

Nil

Duration

6 hours

(3 contact hours & 3 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this subject. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Compulsory Textbooks

Nil

Resources

You will need a computer to access your course materials. Your computer needs reliable internet access.

Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.
