



SIMPLIFIED NUTRITION FOR WOMEN OVER 40.

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Women over 40 experience body composition changes due to many factors that are a normal part of aging. We start to lose muscle mass and bone density, sleep quality declines and many have to deal with health issues like insulin resistance which makes it harder for the body to process sugars and simple carbs. We don't recover from exercise as well or as quickly as we used to (If you've gone dancing or stayed up late lately then you know what I mean) and more.

All of these changes plus the fact that we are moving less and thanks to convenience, eating highly processed/highly caloric food, equals a recipe for weight gain.

Our bodies NEED good nutrition to function properly and to maintain a healthy weight. That means the right amount of protein, carbs and good fats. Along with enough sleep, daily movement and stress management.

Instead of going to extremes like embracing fad diets, cutting food groups out or relying on fancy supplements, focus on the quality of the food you eat and nail the portion size and overall quantity.

Protein: The National Academy of Sports Medicine suggests that in order to thrive we require between 1.6 and 2.2 grams of protein per kg of weight, more if you are a heavy exerciser or athlete. Based on this, if you are a 150 lbs (68kg) person you should aim for 108-150 grams of protein per day. It is also recommended that for better absorption we space it out over the entire day's meals and snacks, rather than loading up at dinner for example. A good rule of thumb is to aim for 20-30 grams per meal. See examples [here](#).



Carbs: Get most of your carbs from cruciferous vegetables, leafy greens, colourful fruits and vegetables and whole grains. The portion will vary depending on where you are at and whatever your goal is, but a good rule of thumb is between ½ to 1 cup of grains and 1 to 2 cups of veg/fruits per meal.



Healthy fat sources: EVOO, nuts and seeds, avo. Be mindful of your fat: a little goes a long way. 1-2 TBSP per meal.



NUTRITION

SAMPLE

1 Day Meal Plan



PRE WORKOUT 6:00am wake up - water, black coffee, banana and handful of almonds OR energy bites. (Omit on rest days)



6:30am Bootcamp



BREAKFAST 8:00am - Oatmeal with berries, hemp seeds, flaxseeds. OR omelet (1 egg + 2 egg whites with spinach, peppers, onions) and 1 tortilla or toast. Coffee and water.



OPTIONAL SNACK 10:30am - 1 apple and 1 Tbsp nut butter. Water.



LUNCH 12:30pm - Mixed green salad (with other colourful veggies:peppers, cucumbers, tomatoes, beets, onions) with 6 oz of fish or grilled chicken with ½ -1 cup of quinoa or brown rice. Water.



OPTIONAL SNACK 3:30pm - Green tea, veggie sticks (carrots, celery, snow peas) and 2 TBSP of hummus/guacamole.



DINNER 6:00pm - Seafood red curry with broccoli over ½ cup brown rice or quinoa. OR 2 cups of stir fry veggies with 6 oz of lean protein of your choice with ½ to 1 cup roasted sweet potatoes. Water.



A word on hydration: Aim for 2-3 litres of water a day. Other sources of hydration I suggest: herbal teas, sparkling water and coffee in moderation.



OPTIONAL 2 hrs before bedtime snack: 4 oz cold tart cherry juice and handful of pumpkin seeds OR 1 cup Greek yogurt with frozen blueberries.



Try to be in bed by 10:30pm

NEED A PERSONALIZED MEAL PLAN THAT FITS YOUR CURRENT NEEDS/GOALS? LET'S CHAT!

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