



## UPMC Health Coach Health Plan Series: Nutrition and Women's Health



UPMC HEALTH PLAN

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# Outline

- ✦ Specific Nutrient Needs
  - Iron
  - Calcium
  - Folate
  - B12
- ✦ Physiological changes and eating patterns
- ✦ Food demo: Tofu scramble



*This presentation focuses on nutrient needs for people who menstruate and go through menopause. Although this class is titled Nutrition and Women's Health, we recognize that not all women menstruate and go through menopause.*



## Specific Nutrient Needs: **Iron**

- + Essential for oxygen transport, red blood cell development
- + **RDA for those who menstruate: 18 mg/day**
- + **RDA postmenopause: 8 mg/day**
- + Those who are pregnant or have heavy menstrual cycles are more at risk for deficiency
- + Vitamin C and iron consumed at the same meal can improve absorption
- + Absorption decreased from coffee and tea consumption at mealtime
- + **Food sources:** nuts, seeds, chicken, fish, beans, lentils, fortified breads and cereals



## Specific Nutrient Needs: Calcium

- ✦ Essential for bone growth and strength, blood clotting, muscle contractions, and more
- ✦ Estrogen improves the absorption of calcium in the gastrointestinal tract and helps maintain calcium levels within bones
- ✦ **RDA 19-50: 1000 mg/day**
- ✦ **RDA 51-70: 1200 mg/day**
- ✦ Vitamin D increases calcium absorption, excess sodium decreases
- ✦ **Food sources:** milk, yogurt, almonds, sardines, tofu, leafy greens and calcium-fortified foods including cereal and juice.





## Specific Nutrient Needs: **Folate**

- ✦ Essential for cell division, DNA production, cell growth, protein metabolism
- ✦ **RDA: 400 mcg/day**
- ✦ **UL: 1000 mcg/day adult, 300-600 mcg/day children**
- ✦ Folic Acid: synthetic form found in supplements/fortified foods
- ✦ Folate: naturally occurring form found in citrus fruits, leafy greens, beans and peas



## Specific Nutrient Needs: **B12**

- ✦ Essential for red blood cell production, DNA synthesis, brain and nerve function
- ✦ As you get older, you can develop a reduced ability to absorb vitamin B12
- ✦ **RDA 14+: 2.4 mcg/day**
- ✦ **RDA Pregnancy: 2.6 mcg/day**
- ✦ **RDA Lactation: 2.8 mcg/day**
- ✦ **Food Sources:** eggs, milk, fish, fortified cereals, chicken and nutritional yeast

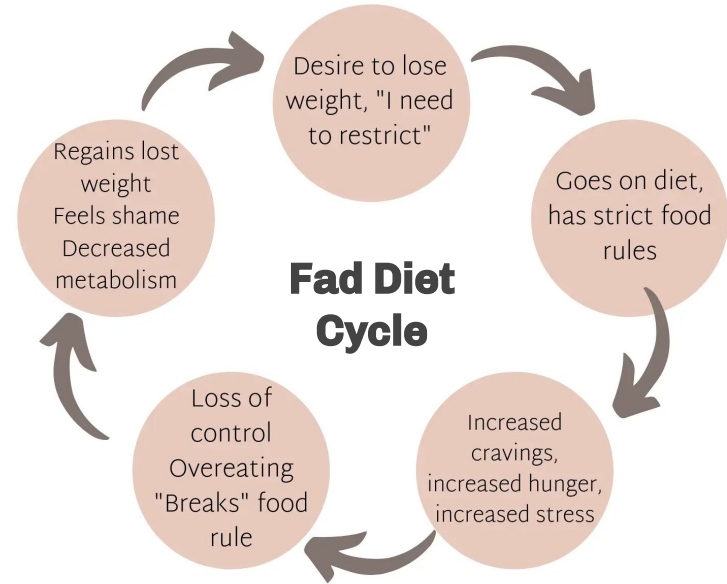


# Physiological Changes and Eating Patterns

Fad Diets Are:

- Nutrient Deficient
- Calorically Inadequate
- Rapid weight loss=muscle and water weight=lower metabolic rate
- Decreased leptin (the satiety hormone)
- Increased ghrelin (the hunger hormone)
- Unenjoyable and unsustainable

**Remember:** Societal ideal is not tied to biological need. A shift in body composition during menopause is a biological phenomenon.





# Tofu Scramble

Prep time: 10 minutes Cook time: 15 minutes Serves: 2 servings

## Ingredients:

- 8 ounces extra-firm tofu
- 1-2 Tbsp olive oil
- 1/4 red onion (thinly sliced)
- 1/2 red pepper (thinly sliced)
- 2 cups spinach (loosely chopped)

## Sauce:

- 1/3 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1 tablespoon nutritional yeast
- Water (to thin)
- 1/4 tsp turmeric (optional)

## Nutrition Facts

Servings: 2

Amount per serving

**Calories** **184**

Total Fat 12.4g 16%

Saturated Fat 2.1g 10%

Cholesterol 0mg 0%

Sodium 357mg 16%

Total Carbohydrate 9.8g 4%

Dietary Fiber 3.9g 14%

Total Sugars 1g

Protein 13.1g

Vitamin D 0mcg 0%

Calcium 289mg 21%

Iron 4mg 23%

Potassium 555mg 12%

\*The % Daily Value (DV) tells you how much a

nutrient in a food serving contributes to a daily diet.

2,000 calories a day is used for general nutrition

advice.



## Instructions:

1. Pat tofu dry and roll in a clean, absorbent towel and press for 15 minutes. To press tofu, place a weight, like a stack of books, on top of tofu to squeeze out moisture.
2. While tofu is being pressed, prepare sauce by adding dry spices to a small bowl and adding enough water to make sauce pourable. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened, approximately 5 minutes.
4. Add spinach, season with a bit more salt and pepper, and cover to steam for 1 minute.
5. Unwrap tofu and crumble into bite-sized pieces.
6. Move veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5 minutes until tofu is slightly browned.

# Sources:

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# Thanks!

**Any questions?**

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