

The Mediterranean diet and the menopause

The Mediterranean diet (MedDiet) is a plant-dominant dietary pattern low in saturated fats prevailing in the olive-growing areas of the Mediterranean basin.

Components of the MedDiet

- Fruit and vegetables
- Breads and cereals
- Beans and seeds
- Olive oil and nuts
- Dairy products (principally cheese and yogurt)
- Eggs and fish
- Some meat, usually poultry (chicken), rabbit, lamb, or goat
- Low to moderate wine intake with meals

The MedDiet is *not* based on dietary restriction but reflects the usual dietary pattern of diverse cultures.

Benefits of the MedDiet

Long-term benefits

In peri- and postmenopausal women, long-term high adherence may:

- reduce cardiovascular risk
- reduce the incidence of cardiovascular events and death
- maintain bone health
- lead to a more favorable body composition
- improve bone mineral density in women with osteoporosis
- help to prevent cognitive decline
- reduce the risk of breast cancer
- reduce the risk of all-cause mortality

Short-term benefits

In peri- and postmenopausal women, short-term high adherence may:

- improve hot flushes and night sweats
- improve blood pressure, cholesterol, and blood glucose levels
- improve mood and symptoms of depression.

Further information

The Mediterranean diet and menopausal health: An EMAS position statement [https://www.maturitas.org/article/S0378-5122\(20\)30325-X/fulltext](https://www.maturitas.org/article/S0378-5122(20)30325-X/fulltext)