

Phyto-estrogen foods

Burgen bread

Made from soya flour this has linseeds added to it. Four slices a day are enough but watch your fat intake if using this regularly.

Beans and pulses

kidney beans, lentils, chickpeas

Cereals

muesli, cornflakes, weatabix

Vegetables and fruit

Onions, garlic, broccoli, green peppers, sweet potato, apples, pears, cherries, pomegranate, alfalfa and seed sprouts

Seeds

Linseed, sunflower and pumpkin can be scattered on food. Linseed should be used only one teaspoon a day otherwise it may cause frequent

bowel movements! It can also be bought as capsules or oil.

Cows Milk and Rice are also good sources

Soya products

Tofu can be used in many recipes in place of meat. Textured vegetable protein (TVP) can be used in this way too.

Soya milk comes in plain, sweetened or flavoured varieties. It can be used to replace cows' milk for cooking and drinking.

Soya protein powder can be used for making 'milk shakes'. e.g. mix soya powder, banana and water in a blender.

Soya protein can cause flatulence, so start with 10 grams a day and build up slowly to 35-50 grams a day.

Manufactured supplements

This may be the easiest way to ensure a regular intake and test whether they help your menopause symptoms. Supplements take up to 6 weeks of daily use to see a major benefit.

Estroven and Aria tablets contain soya and arrowroot as well as calcium and other vitamins and minerals.

Red Clover is a popular supplement. Tofupill contains the complete range of phyto-estrogens plus linseed.

All of these soya products can be bought in most supermarkets, major chemists and health food shops.