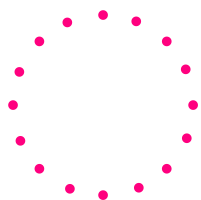




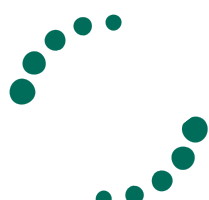
# Protein 101: Building Strength for Menstrual & Menopause Health

Protein is a vital nutrient made up of amino acids that help build tissues, support muscles, and maintain a strong immune system. While the body can produce some amino acids, it requires 9 essential amino acids that must come from our diet.



## Complete

Contains all nine essential amino acids needed for the body, typically found in animal products, soy, and quinoa.



## Incomplete

Lacks one or more essential amino acids, usually found in plant-based foods like beans, nuts, and grains.

## What does Protein Support for Menstrual & Menopause Health?

**Muscles**  
**Bones**  
**Hair**  
**Skin**  
**Nails**  
**Hormones**  
**Immune System**

## Do I Need Extra Protein?

### Menopause

Yes, extra protein can help maintain muscle mass, support bone health, and stabilize mood during menopause.

### Menstrual

Yes, you may need extra protein to help manage energy levels, reduce cravings, and support hormonal balance during your cycle.

## Calculate Your Daily Protein Needs

### By pounds:

Multiply your weight in pounds by 0.36

$$150 \text{ lbs} \times 0.36 = 54 \text{ g per day}$$

### By kilograms:

Multiply your weight in kilograms by 0.8

$$68 \text{ kg} \times 0.8 = 54 \text{ g/per day}$$

### Standard Diet

Chicken breast, Salmon  
Eggs, Greek yogurt  
Lentils, Tofu, Quinoa  
Chickpeas  
Almonds, Cottage cheese

### Plant Based

Legumes, Whole Grains,  
Nuts & Nut Butters,  
Seeds, Vegetables, Fruits  
  
+ Quinoa, chia & hemp seeds, soy products, amaranth daily to reach the full 9 amino acids daily

## How Do I Increase Smartly?

Aim for 10-12 servings of protein per week, focusing on varied sources.

Add one extra serving per day, like a boiled egg, a handful of nuts, or a cup of Greek yogurt.

### Disclaimer

This information serves educational purposes only and should not replace professional medical advice. Always consult a healthcare provider before adjusting your diet or starting new supplements, especially if you have pre-existing health conditions or are on medication.