



PREMIER *medical group*

Important Minerals During Perimenopause

Most vitamins and minerals should be consumed via food sources. Prior to taking a supplement check to see if your body needs the additional supplement, speak with your healthcare provider.

Below are the minimum requirements for your body on a daily basis.

Healthful Calcium Sources 1200 mg per day minimum

Black turtle beans (1 cup, boiled): 102 milligrams

Broccoli (1 cup, boiled from frozen): 94

Brussels sprouts (1 cup, boiled): 56

Butternut squash (1 cup, boiled): 84

Celery (1 cup, boiled): 63

Chickpeas (1 cup, canned): 80

Collards (1 cup, boiled): 226

Figs, dried (10 medium): 270

Great northern beans (1 cup, boiled): 120

Green beans (1 cup, boiled): 58

Kale (1 cup, boiled): 94

Kidney beans (1 cup, boiled): 50

Lentils (1 cup, boiled): 38

Lima beans (1 cup, boiled): 54

Mustard greens (1 cup, boiled): 104
Navel orange (1 medium): 56
Navy beans (1 cup, boiled): 127
Nondairy milk (1 cup, fortified soy or rice): 300
Oatmeal (1 cup, prepared instant): 215
Onions (1 cup, boiled): 46
Orange juice, calcium-fortified (1 cup): 350
Pinto beans (1 cup, boiled): 82
Raisins (1/2 cup): 40
Soybeans (1 cup, boiled): 175
Sweet potato (1 cup, boiled): 69
Tofu (1/2 cup): 204
Turnip greens (1 cup, boiled): 148
Vegetarian baked beans (1 cup): 127
White beans (1 cup, boiled): 161

Omega 3's (250-500mg EPA and DHA combined)

Omega-3s are found naturally in some foods and are added to some fortified foods. You can get adequate amounts of omega-3s by eating a variety of foods, including the following:

- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)
- Plant oils (such as flaxseed oil, soybean oil, and canola oil)

- Fortified foods (such as certain brands of eggs, yogurt, juices, milk, soy beverages, and infant formulas)

Vitamin D minimal 600 1U would increase to 1,000-5,000 IU

During spring and summer it is a lot easier to get Vitamin D through Sun. In the winter months a Vitamin D supplement is highly recommended.

Iron

The iron in food comes from two sources: animals and plants. Iron from animal sources is known as heme iron and is found in meat and fish. Iron from plants is known as non-heme iron, and is found in certain vegetables and in iron-fortified foods such as breakfast cereals. Heme iron is better absorbed by the body than non heme iron.

The following foods are good sources of heme iron (from animal sources):

- Chicken liver
- Oysters
- Clams
- Beef liver
- Beef (chuck roast, lean ground beef)
- Turkey leg
- Tuna
- Eggs
- Shrimp
- Leg of lamb

The following foods are good sources of non-heme iron (from plants):

- Raisin bran (enriched)
- Instant oatmeal
- Beans (kidney, lima, Navy)
- Tofu
- Lentils
- Molasses

- Spinach
- Whole wheat bread
- Peanut butter
- Brown rice

Try to combine non-heme iron foods with vitamin C (for example, a glass of orange juice) to increase absorption of iron.