



WOMEN'S HEALTH

New National Survey Reveals An Unmentionable Part Of Menopause—Gas

(NAPSA)—Women eating a healthy diet to counter the physical challenges posed by menopause are facing another obstacle—gassy episodes associated with consuming nutritious foods.

Nearly two-thirds (69 percent) of women recently surveyed reported that they experience stomach gas during menopause, ranking gas higher than more commonly known symptoms, such as hot flashes (66 percent), sleep disturbance (65 percent), mood swings (64 percent) and night sweats (55 percent). Results are from a newly released independent national survey conducted on behalf of Beano®, the only over-the-counter natural food enzyme supplement that prevents gas before it starts.

The North American Menopause Society recommends that menopausal women eat diets low in saturated fats and high in whole grains, vegetables and fruits to defend against menopause symptoms and the enhanced risk of osteoporosis and heart disease. These foods include vegetables such as broccoli, cabbage and cauliflower, legumes (beans/peas), and whole grain breads—all of which are nutritious, but also are proven gas culprits.

Not surprisingly, the survey found 71 percent of women are changing their diet during menopause by eating healthier. Sixty-four percent are eating more fruits and vegetables.

“As women approach and experience menopause, it’s extremely important for them to eat healthier by adding more vegetables, legumes, soy and whole grains into their diets,” said Jackie Newgent, a registered dietitian, chef and food industry consultant specializing in culinary and nutrition com-

munications. “Although healthy eating can help combat menopause symptoms and defend against osteoporosis, diabetes and heart disease, it can lead to embarrassing gas problems. A simple and effective solution for preventing gas is Beano.”

Beano is the only over-the-counter natural food enzyme supplement that prevents gas before it starts. It works with the body’s digestive system to break down complex sugars in gas-causing foods, making them more digestible.

Although menopause brings lifestyle changes, women who eat healthy to minimize the symptoms of menopause can easily integrate Beano into their lifestyle. Not having to worry about embarrassing gas gives women the freedom to eat healthier and continue to enjoy their lives.

Jackie Newgent also recommends the following healthy living tips for women experiencing menopause. Remember, when eating vegetables, legumes (beans/peas), soy and whole grains, take Beano for gas prevention.

- **Boost bean intake.** Pick pinto, black, navy and more—they’re filled with fiber. Increase intake gradually to adapt to the higher fiber level.

- **Crunch, chew or sip on soy.** Coming in numerous varieties from miso soup to soy “nuts,” the

Symptoms Experienced Most During Menopause



National independent survey included women between the ages of 45 and 60 and was conducted on behalf of Beano® by Market Research Institute.



isoflavones in soy foods can help fight heart disease.

- **Sustain strong bones with calcium.** Do fat-free or low-fat dairy at every meal—that’s an easy way to three a day. This will help you get nutrients that can ward off osteoporosis and maintain strong bones. Also, take a calcium supplement as part of your daily routine—to assure you’re getting all the calcium you need.

- **Pick produce.** Get five to nine a day—that’s at least two fruit and three vegetable servings. Spread produce picks throughout the day or enjoy them at one or two meals as an easy way to punch up disease-fighting phytochemicals.

- **Go for the whole grains.** Aim for three each day. Choose whole grain bread, brown rice and whole wheat pasta in place of their “white” counterparts. They provide fiber, essential nutrients and estrogen-like compounds called lignans.

To learn more about healthy eating during menopause, nutritious recipes and additional healthy living tips, visit www.beanogas.com.