

# Getting Reddit for Perimenopause: What discussion boards tell us about diet & nutrition trends

Women are becoming more proactive about wellness, and when it comes to perimenopause and menopause, many are experimenting with nutrition and supplementation strategies for the first time. This creates an opportunity to engage, help, and build loyalty with this important demographic.



r/Perimenopause • 5 mo. ago  
Helpful\_Patient\_8343



## What the heck man????

I have read lots of posts by different women and wow I gotta say there is a ton of crazy stuff happening to you all. I'm 44. And my body has no idea what it's doing. And it's driving me batty....

## 1. Met Needs (What's Working)

### Weight Loss Success

Many women have successfully managed weight by adjusting diets toward **higher protein and fiber** while cutting refined carbs, sugars, and alcohol.

### Nutrient Sufficiency

Whole-food or **plant-based** diets are meeting nutritional needs and improving lab numbers for many perimenopausal women.

### Symptom Management

Diet tweaks like **cutting sugar, refined carbs, and caffeine** are helping manage hot flashes, night sweats, and mood swings.



r/Perimenopause • 3 mo. ago  
The\_Mamalorian



## Local perimenopausal woman shocked to discover protein and fiber solve her problems

audited

After suffering pretty badly from peri symptoms since the summer, after Christmas I decided to put real effort into eating more protein and fiber. I had been slacking on my diet generally since having my youngest in 2021.

Three months in and the title says it 🙌 I feel so much better. I can do power yoga and kettlebells! I don't get sore for days after a workout! I might actually be building muscle! I can run and not grow weary! I can walk and not faint!

I'm not promoting diet and exercise as the solution to everything and it hasn't cured all my woes but the improvement is huge. I wish I hadn't waited so long to get my act together.

So...eat your broccoli and Greek yogurt. Not at the same time of course 🤪🤪

↑ 453 ↓

🗨 98



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## Symptom Relief by Avoiding Triggers



### Sugar & Refined Carbs

Diet tweaks are helping many manage classic perimenopause symptoms like hot flashes, night sweats, and mood swings. A **big theme is cutting back on sugar, refined carbs, and caffeine** to reduce hot flashes and anxiety.



### Alcohol Reduction

Several found that **eliminating or limiting alcohol** made a huge difference – even one drink could trigger night sweats before, so quitting alcohol has helped some women sleep better and even aided weight loss in the process.



### Caffeine Moderation

In community discussions, women joke that now *"one cup of coffee is my ticket to anxiety club in hot-flash city"*, so they've switched to tea or just one small coffee to keep symptoms at bay.

## Symptom Management with Food Choices



### Phytoestrogen-Rich Foods

Some perimenopausal users report that adding soy products (tofu, miso, soy milk) or ground flaxseed has eased their symptoms.



### Mediterranean-Style Diet

There is growing interest in the **Mediterranean-style diet** for menopause: it emphasizes vegetables, fruits, whole grains, olive oil, and lean protein, and women say it aligns with feeling healthier overall.



### Plant-Based Approaches

Some women report that going **low-fat vegan** (especially with soy foods) dramatically cut down their hot flash frequency and intensity.



### Balanced Nutrition

Overall, many perimenopausal women are using **diet as a toolkit** – by adding foods and supplements (protein, omega-3s, greens, collagen) and natural remedies to successfully manage symptoms.

## 2. Unmet Needs (Gaps & Frustrations)

### Stubborn Weight Gain and Unsustainable Diets

Many women feel they are "doing all the right things" with diet and exercise yet still struggle with weight plateaus.

Burnout from restrictive dieting is common, with many tired of perpetual food rules that remove enjoyment.

Many anecdotes underscore that **highly restrictive diets can come with trade-offs**, and what solves one problem (like weight loss) might create another (like nutrient deficiencies, low energy, or hair/skin issues).

### Conflicting Advice

Women express feeling overwhelmed by contradictory diet recommendations for menopause.

For instance, some doctors or experts recommend going gluten-free for midlife women (sometimes linking it to thyroid or inflammation benefits), but in discussions many are skeptical. A Redditor shared that her integrative doctor pushed a gluten-free diet to help with energy and joint pain, suspecting a "pre-thyroid autoimmune" issue – but the patient found **giving up gluten extremely hard** and wasn't even sure it would help.

### Nutrient Gaps

Some restrictive diets can introduce nutrient shortfalls or other health trade-offs.

While many thrive on vegan or vegetarian diets, a few long-time vegans in perimenopause shared that they needed to be very vigilant about certain nutrients. Vitamin B12 and iron are two that often require supplementation for strict vegans.

Women who went **ultra low-carb** have reported downsides too: some experienced worsened fatigue or hormone-related symptoms on long-term keto.



r/Perimenopause • 8 mo. ago  
Snow\_Tiger819



### getting the required vitamins and minerals...

I wish I was 25 again and didn't give a thought to my nutrition! I'm very aware as we get older it gets more important to make sure we're getting our daily requirements (I saw the issues when this doesn't happen with my mum :-/ ). There also seems to be menopause symptom benefits too. But... I can't afford all these supplements? And I don't want to have to take 6 pills a day (if I could afford them!).

I've started exploring how to tweak my diet to get more protein, and I'm wondering if anyone has found and food hacks. I feel like we're all conned into thinking "I need more vitamin B12 I'll buy a pill" when maybe the solution is "I need more vitamin B12 I'll eat X every day". I've already found this with carrots - 2 med carrots basically get me to 100% vit A each day.

I do best on autopilot so I'm trying to figure out easy go-tos. I've never been one for smoothies but maybe that's something I should look into? (Or am I just going to hate them lol).

### 3. Comparison of Diet Strategies - Popularity and Endorsement

Diet Approach	Popularity	Perceived Benefits	Perceived Challenges
Plant-Based/Vegan	Fairly popular	Improved health, fewer symptoms, high fiber	Needs careful planning for protein, iron, B12
Keto/Low-Carb	Very popular	Fewer hot flashes, initial weight loss, stable mood	Sustainability issues, plateaus, social limitations
Mediterranean	Widely endorsed	Heart-healthy, balanced, flexible, sustainable	Gradual weight loss, may need portion control
Paleo/Clean Eating	Moderately popular	Reduced inflammation, whole-food focus	Restrictive, difficult socially, potentially costly
Intermittent Fasting	Very trending	Controls appetite, helps with plateaus, flexible	Plateaus can occur, social challenges, adaptation period

Note: Many women use a **combination** of these strategies – e.g. "low-carb Mediterranean" or "paleo with IF" – rather than one defined diet. Individualization is key, as repeatedly emphasized in these discussions.



r/Perimenopause • 8 mo. ago  
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#### How do you deal with fatigue and brain fog? Has anyone tried fasting/intermitent fasting?

I (44F) regularly exercise, eat light and healthy, been trying various supplements but this horrid fatigue doesn't go away. My job requires very high functioning and a lot of brain work.

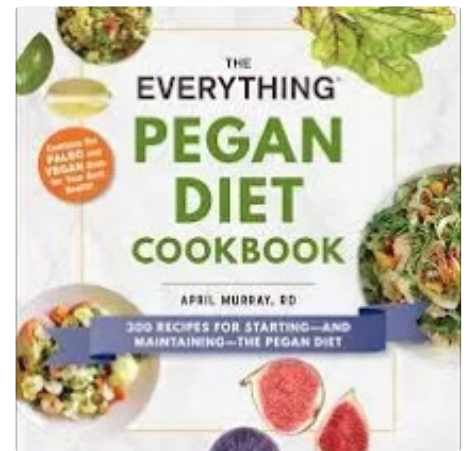
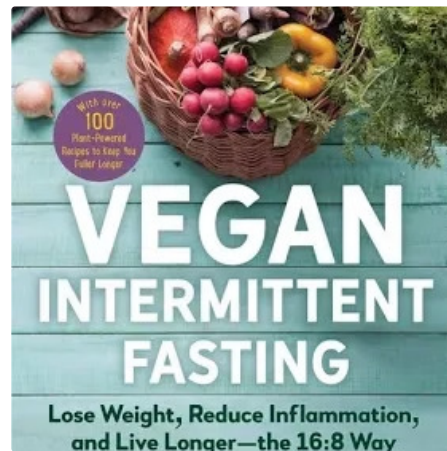
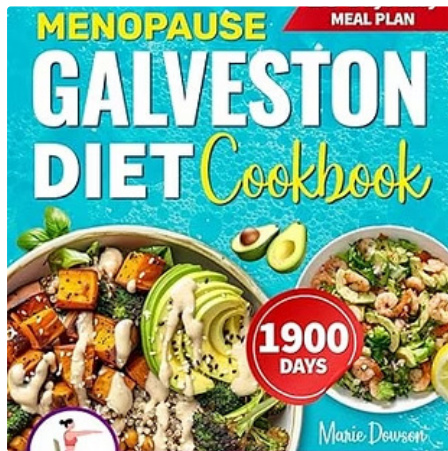
Every time I eat I feel even more tired. I wonder if experimenting with fasting would fix it.

I eat healthy - a lot of fruits and vegetables and lean protein; normal weight.

Blood work is normal but I know it is perimenopause. Will be looking into HRT.

Would appreciate if you share your experiences in how to get more energy and clear the mind.

## Other Trends and Hybrid Approaches



Beyond the main diets above, women in these discussions also explore **hybrid diets and branded programs tailored to menopause**. One notable example is the **Galveston Diet**, a program created specifically for menopausal women that gained attention on social media. It combines several of the strategies already discussed (it's essentially a low-carb, high-fat, **anti-inflammatory diet with intermittent fasting**).

It's important to note that this demographic is not **easily swayed by "fad" diets**. They are dissecting evidence, call for others to share from their experience, and don't hesitate to call out social media influencers as fake or unknowledgable. With this demographic, case studies, science and research are a prerequisite.

←  r/Menopause • 2 yr. ago  
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### Super disappointed

Started reading the Galveston Diet and was getting hopeful for its eating recommendations for peri. I've done all I can do to help myself through this time but clean up my diet. It's my last shot for some relief. Got to page 50 where she briefly discusses progesterone. She states it's not necessary if you don't have a uterus. I take progesterone only and it has changed my life. I was a mess before it and am so thankful my doctor advised me to take it. I've stayed away from other peri/menopause

## Trend: "Cut out the crap" – Whole Foods over Processed

Nearly every thread, regardless of diet camp, highlighted removing ultra-processed foods, refined sugars, and excessive refined carbs. Women found that *simply eating real, whole foods* – whether plant-based or animal-based – improved how they felt. This was humorously summed up by one commenter: many extreme diets work initially because *"they also discourage people [from] eating ultraprocessed foods. So they feel better...until they add ultraprocessed versions of the foods [they had] to avoid."*

The consensus is that **midlife is a time to prioritize high-quality nutrition**: lots of vegetables and fruits, good protein sources, healthy fats, and ditching the sugary drinks, fast food, and packaged snacks that might have been tolerable in youth. In practice, this might mean cooking at home more and planning meals, which some found challenging but worthwhile. A user who lost significant weight noted *"I have to make everything myself... I've learnt to be creative in the kitchen"* as she avoided processed items.

## Trend: Importance of Protein



### Increased Protein Needs

There is broad agreement that **protein needs increase as women age**. Many posts stressed eating more protein to support muscle mass, metabolism, and satiety.

### Muscle Preservation

Community members often referenced the tendency to lose muscle in menopause, and how protein plus resistance training can combat that.

### Protein at Every Meal

As one dietitian in the forum put it, *"As we age we need more protein to maintain muscle health,"* and this influenced her view that very low-protein diets (like unplanned vegan) might be suboptimal.



r/Perimenopause • 2 mo. ago  
StyleElectrical2008



## Collagen,

Vitamin/Supplements

Hello, I hear a lot of hype around collagen as we age and wondering if I should be taking it. I'm 49 and definitely in the throes of perimenopause. Is there anyone here who does take it and the benefits they have noticed.



## Trend: Alcohol and Caffeine Moderation

### Alcohol Reduction

Another nearly unanimous point was that **alcohol tends to worsen menopause symptoms and hinder weight loss**. Women shared that reducing or quitting alcohol led to fewer hot flashes and better sleep. *"Alcohol isn't even fun anymore because of how it makes me feel,"* one commenter lamented, after realizing it triggered her symptoms.

### Caffeine Awareness

Caffeine's role was also discussed, with some recommending limiting it if prone to insomnia or anxiety. The overall advice: many perimenopausal bodies become **more sensitive to stimulants and depressants**, so **cutting back on alcohol (especially) and possibly caffeine** can make a notable difference in how you feel day-to-day.

### Improved Sleep

As one person joked, waking up without a night sweat is *"loving menopause actually!!!"* once she dropped the bedtime wine and high carbs.

## Conclusion

In the past year of Reddit and social media conversations, perimenopausal women have built a kind of **collective wisdom** about diet and nutrition. There is no single "miracle diet" for everyone – **individual responses vary** – but there are clear patterns. **Eating a nutrient-dense, lower-sugar, whole-food diet** (whether one calls it Mediterranean, paleo, plant-based, or something else) is the common denominator behind many success stories.

Within that framework, women experiment with **carbohydrate levels** (some thrive with low-carb/keto for symptom relief, others prefer moderate carbs with whole grains) and with **timing** (intermittent fasting is a favored tool to combat midlife weight gain). Popular diets like vegan, keto, Mediterranean, and paleo each have their **pros and cons**, as seen above – and many women eventually blend elements of each to suit their needs.

The community consensus is to **focus on whole, anti-inflammatory foods, plenty of protein, and lifestyle factors (sleep, stress)** to navigate perimenopause as smoothly as possible. Diet alone isn't a cure for aging or hormonal shifts, but the right nutrition can significantly improve quality of life – giving women more energy, keeping weight in check, and even alleviating symptoms like hot flashes in some cases.