

A REAL LIFE GUIDE FOR MIDLIFE WOMEN

# ARE YOU EATING RIGHT FOR YOUR MIDLIFE METABOLISM?



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# REAL•LIFE MIDLIFE

*Nutrition • Weight Loss • Wellness*

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**D**oes it feel like you need to work harder to keep from gaining weight? Do you have unexplained aches and pains? Do you have less energy or become fatigued more easily? Is your brain foggy?

### **Do you feel older than you really are?**

I hear this all the time from my new clients. And I happily tell them that although these are common signs that your body is going through age-related changes, they are NOT inevitable.

It's true, the shift in hormone levels beginning around age 40 can kick-off unsettling changes to your body, your health, and your sanity. You know something in your body is changing. Something that feels beyond your control and affects the quality of your life.

- Your metabolism begins to slow. (You're not imagining it!)
- You're losing lean muscle mass (your main fat-burning engine)
- Your bones begin to weaken (a process that actually began in your thirties)

Slowing metabolism, and loss of lean muscle mass and bone density will continue to progress into your 50's and 60's and won't slow down without some kind of intervention.

The good news is – what you do in your 40's will determine how young you'll be in your 50's, 60's, and beyond. And, fortunately, if you're already in your 50's or 60's, it's not too late to slow down the aging process and mitigate the effects of aging.

### **Because how well you age is in your control**

Your first, and easiest, line of defense against becoming 'old' is customizing your diet to your age and health issues. The reality is, most midlife women can't continue eating like they did in their 20's and 30's and hope to stay at a healthy weight, remain mentally sharp and focused, have consistently high energy levels, and be resistant to disease and illness. You might have already discovered for yourself that everything you thought you knew about diet, preventing weight gain, and staying healthy just doesn't work anymore.

If you don't want to get old before your time, start thinking about your nutrition and diet in a whole new age appropriate way. On the following pages you'll find my real life guide to customizing your diet for your age. The earlier in life you 'customize', the better for your long-term health. But you can start at any age. Don't wait, because the longer you wait to tackle your health the harder it gets to prevent a serious health or weight problem and feeling older than you really are.

# Your 40's: The WTF Decade

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Sad, but true, your fourth decade is when the aging process really begins. You may begin to notice subtle changes in the way your clothing fits or that your body shape is a little different, you may become moodier, and your hair may look dull. You're eating less and gaining weight. WTF?

- **Your metabolism is slowing down.** Around age 40 a woman's metabolism begins to slow, by about 5% each decade, and you may easily gain weight even though you are eating the same amount of food.
- **You're losing lean muscle mass.** Muscle burns calories, even at rest. Losing muscle mass further slows your metabolism and causes your weight to creep up and your physical strength to decline.
- **Your bones begin to weaken.** By the time we're 30 years old our bodies are finished making new bone. After that, we begin to slowly lose bone. A nutrient-poor diet, inactivity and perimenopause can speed up bone loss.

## Top 40's Tips

### #1 Eat lower carb

It's extremely important be at a healthy body weight in your 40's because the older you are, the harder it gets to lose weight and keep it off. And the proven, fastest way to get there is by limiting the starchy, sugary, 'crappy' carbohydrates we all know and love.

When customizing your 40's appropriate low carb diet look for these keywords: Paleo, Primal, Ancestral, and grain-free.

These diets focus on quality protein (increases metabolism by 30% and builds lean muscle mass), green leafy vegetables (calcium and magnesium for bones), and lots of avocado and other healthy fats – even bacon! Exactly what a 40's body needs for a healthier fifth and sixth decade.





# Your 40's

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## #2 Eat clean

Cleaning up your diet will help every cell in your body to function better and lessen your risk for developing the diseases of old age.

The chemicals that are added to much of the American food supply can double your risk of being overweight or obese and cause inflammation in your body that puts you on a path to heart disease, type 2 diabetes, thyroid disease, and some cancers.

Avoid foods that contain pesticides, herbicides, and fat-promoting chemicals (obesogens) such as artificial sweeteners, colorings, and flavorings.

*If you can't pronounce it, don't eat it.*

Look for these keywords: organic, grass-fed, pasture-raised, and non-GMO when cleaning up your 40's diet.

### Bonus Lifestyle Tip

Add strength training to your exercise regimen. Weight-bearing exercise such as working out with free weights or weight machines, TRX, or body weight exercises, is the best way to increase your lean muscle mass, strengthen your bones, and lose body fat.



# Your 50's: The OMG Decade

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The subtle changes of your 40's can become OMG-what's-happening-to-me changes in your 50's if you haven't customized your diet to your age yet. This is when serious health problems and undeniable weight gain, especially around your waistline, tend to emerge.

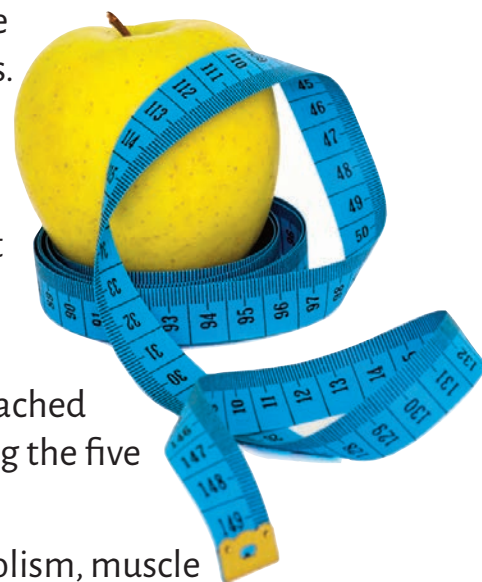
You can blame some of these changes on declining estrogen levels and menopause, but inadequate nutrition and physical activity are equally to blame.

And weight gain at this time of life is not only harder to lose, but is particularly worrisome because it raises the risk factor for chronic lifestyle diseases like type 2 diabetes, heart disease, and some cancers.

- **Your body shape is now more apple than pear.** Weight gain around the waist is a sign of chronic inflammation and a predictor of increased risk for heart disease. You're at especially high risk if your waist measurement is greater than 34 inches.

- **Your loss of bone mass accelerates.** Women who have reached menopause can lose up to 20% of their bone density during the five to seven years following menopause.

- **Your thyroid may poop out.** Your thyroid controls metabolism, muscle strength, appetite, and the health of your heart, brain, kidneys, and reproductive system. Hypothyroidism (an under-functioning thyroid), especially the autoimmune condition Hashimoto's Thyroiditis, is one of the most common midlife diseases in women and is often precipitated by poor diet and lifestyle factors. Hypothyroidism is also itself a leading cause of osteoporosis.



## Top 50's Tips

### #1 Eat more bone building nutrients

The main bone building nutrients are calcium, magnesium, vitamin D, and vitamin K2. All but vitamin D are abundant in many types of foods. And you don't

# Your 50's

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have to eat a ton of dairy to get your calcium.

Eat your veggies instead! They're rich sources of calcium and magnesium, as well as vitamin K2.

Try turnip greens, spinach, mustard greens, Swiss chard, collard greens, kale, romaine lettuce, celery, broccoli, fennel, cabbage, zucchini, Brussels sprouts, and asparagus. Beans, such as navy, pinto, lima, and kidney beans are also rich sources of minerals.

For magnesium reach for nuts and seeds such as pumpkin, sesame, sunflower, cashews and almonds.

To add vitamin D to your diet include cold water fish such as halibut, cod, salmon, and sardines. Mushrooms and eggs also contain a small amount.

## #2 Eat to keep your thyroid happy

Chronic inflammation from the food you eat and environmental toxins such as pesticides affect thyroid function. The biggest source of chronic inflammation in the diet is gluten, the protein found in wheat, barely, rye, and spelt, so going gluten-free may help prevent becoming hypothyroid.

Focus on healthy fats, high quality protein, and lots of vegetables (See the 40's tips). To keep your thyroid happy, eat your brassica vegetables (broccoli, Brussels sprouts, cauliflower, turnips, etc.) cooked, because the raw vegetable contains anti-thyroid compounds (goitrogens) that may slow down your thyroid.

Beware of unfermented soy products such as tofu and edamame because they are highly goitrogenic. Eat these in moderation or not at all. Tamari, tempeh, and natto are all fermented soy and have no negative effects on the thyroid.

## Bonus Lifestyle Tip

Take the stairs for bone and heart health. Go up for cardiovascular health. Each step up raises your heart rate and improves your aerobic fitness. Go down for bone health. Each foot strike as you step down stimulates bone growth.

# Your 60's: The Uh-Oh! Decade

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By the time you've reached your sixth decade the aging process continues and can pick up speed if you haven't already age-customized your diet in your 40's and 50's. This is when, before you know it – uh oh! – you're headed for osteoporosis, heart disease, and a big belly that you're having a hard time getting rid of. You can't see as well, you're tired, everything hurts, and you really feel old. WTF? OMG! Uh-oh!



- **Your loss of lean muscle mass accelerates.** Age-related loss of muscle and strength, known as sarcopenia, sets in for real. After age 60 women can lose about 30% of their overall strength.

Without any intervention this loss can accelerate, rapidly, as you get older. Loss of muscle mass and strength leads to a loss of function and mobility, poor balance, and a higher risk of falls, tripping, and fractured bones.

- **Your digestion becomes less efficient.** Once we're in our 60's our bodies aren't as efficient at producing the nutrients and enzymes needed for digestion and overall function or utilizing the ones we get from food. And the prescription medicines you may be taking can affect the absorption and need for certain vitamins and minerals, setting you up for deficiencies.

We make less stomach acid (even though it may feel like we have too much) resulting in less nutrient absorption, which may put us at risk for iron, calcium, vitamins B6, B12 and folate deficiencies. We make less vitamin D in our skin.

And there is a significant drop in the number of friendly gut bacteria, which can make us constipated, and even make it hard to lose weight.

## Top 60's Tips

### #1 Eat more protein

Protein is essential for helping us maintain and even build lean muscle mass at any age. And it helps rev up our metabolisms, too.

Try to eat 3 palm-sized portions of animal protein daily.



# Your 60's

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An easy way to increase your daily protein intake is with a protein shake made from whey protein concentrate. Add some fruit, about 10 ounces of coconut or almond milk (unsweetened, of course), and blend to have a great meal replacement or snack that will help preserve your muscles.

## #2 Eat good flora

Probiotics (the beneficial bacteria that are normally present in the digestive tract) and prebiotics (nutrients for the good bacteria) help our bodies absorb, as well as make, the nutrients it needs to function smoothly.

- **Add foods and drinks with probiotics.** Read all product labels to confirm that live and active cultures are present. Look for kefir, kimchi, pickles, sauerkraut, miso, kombucha, yogurt, natto, beet kvass, lacto-fermented vegetables, and foods processed with lactobacilli such as cured salami. About ¼ cup (total) of a fermented food daily will repopulate your gut with good bacteria. Eat these foods regularly to maintain the proper balance in your gut.
- **Add prebiotics** such as garlic (raw), yams, sweet potato, yucca, asparagus, dandelion greens, and onions (raw or cooked) to provide food for the good bacteria and help them thrive.
- **Add a probiotic supplement** if fermented foods don't appeal to your taste buds. The more probiotic strains, the merrier – with at least 5 billion organisms per dose. Take probiotics with food or 30 minutes before meals.



## Bonus Lifestyle Tip

Get off the couch and move! Inactivity can lead to achy joints because of the wearing down of cartilage, loss of lubricating joint fluid, and weaker muscles. Being active and strong will also help you manage chronic health problems like osteoporosis, type 2 diabetes, arthritis, and heart disease. You're never too old to start!

I hope this gets you started on thinking about your nutrition, lifestyle, and weight loss, in a whole new way. I see so many midlife women stuck in their 20's and 30's mindset and methods and I don't want that to happen to you!

If you tired of feeling fat, frumpy, and frustrated and want a lifestyle that makes you leaner, healthier and in control, go to [www.reallifemidlife.com/programs](http://www.reallifemidlife.com/programs) to find out how you can rev up your midlife metabolism and lose weight for good.

All the best,

*Carol*

### About **CAROL CASALINO, MS, CNS**

Since 2000, Carol Casalino, a board-certified Nutritionist, has been helping midlife women lose weight in a sustainable way. She is the owner of Real-Life Midlife Wellness for Women in New York City, and the founder of the online Master Your Midlife Metabolism 12-Week Fat Loss Program.

She has a Master of Science (MS) degree in Human Nutrition from the University of Bridgeport and is a Certified Nutrition Specialist (CNS), board-certified by the Board for Certification of Nutrition Specialists (BCNS). Carol is passionate about keeping up-to-date on the latest nutritional research that applies to midlife women and their special needs and regularly attends nutrition and health conferences.

When she's not working Carol can be found pursuing her other passion, cycling. In addition to bicycling 100+ miles every weekend around the New York tri-state area she is also a volunteer co-leader of the New York Cycle Club's ten-week progressive cycling training series.

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