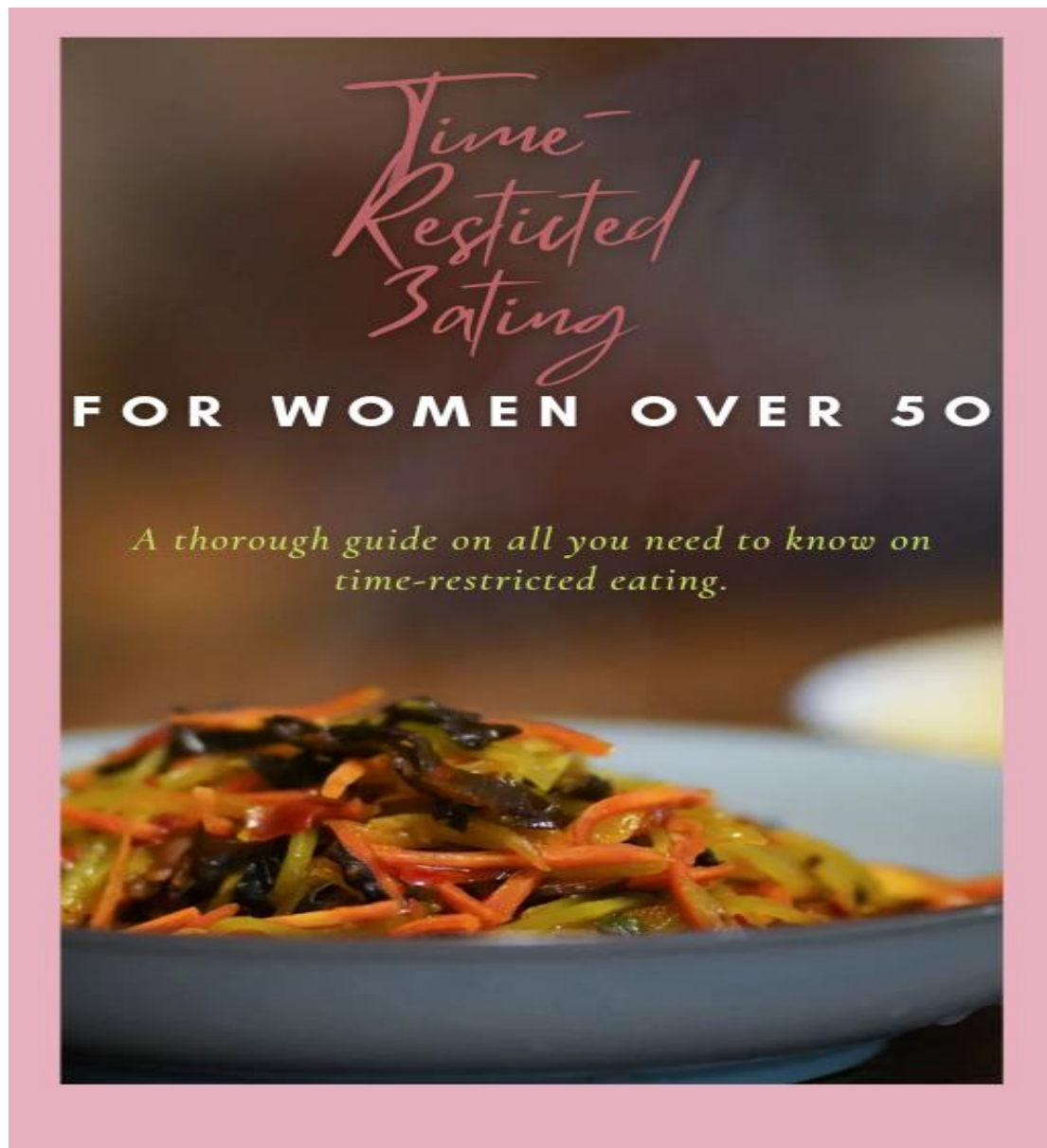


## Time-Restricted Eating for Women Over 50



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## What is Time-restricted Eating?



Time-restricted eating is a form of intermittent fasting wherein one limits their eating to a specific number of hours every day. Typically, practicing time-restricted eating involves eating within an 8-hour to 12-hour daytime window and fasting within the rest of the day between 12 to 16 hours. Although time-restricted eating is a form of intermittent fasting, one difference is that while intermittent fasting is mainly about what one eats to aid calorie restriction, time-restricted eating is more concerned about when one eats to help calorie restriction.

Time-restricted eating has become more known and used as a way to lose weight mainly because it is simple. You have to go hungry for a few hours and then eat to your fill within your eating period. However, an effective way to lose weight with this strategy is by limiting the hours of your eating window to help you shed some pounds.

Women over the age of 50 may struggle with weight loss, and this struggle can come from various factors. One of the primary factors is usually a slow metabolism. The more lean muscle you have, the faster your metabolism is. But as you get older, you lose lean muscle mass and become less active resulting in stubborn body fat. But with time-restricted eating, which has shown to yield numerous health benefits, you do not only get to lose weight, you also get a reduction in body fat, lowering of blood pressure, etc.

## **The Circadian Rhythm**

The circadian rhythm is a series of physical, behavioral, and mental processes that occur in the body and regulates the sleep/wake cycle over a 24-hour period. The body's

circadian rhythms influence certain factors like eating, sleep-wake cycle, and digestion patterns.

Sleep affects the hunger hormones leptin and ghrelin. Leptin inhibits appetite, and ghrelin stimulates one's appetite. So lack of adequate sleep throws off the circadian rhythm increasing the ghrelin level and reducing the leptin in the body, automatically leading to an increase in sugar cravings and appetite. Generally, studies show that disrupting the circadian rhythm and erratic eating patterns can cause several health problems like cancer, metabolism disease, diabetes, etc.

## **The Circadian Rhythm, Time-Restricted Eating, and Health**

Circadian rhythms play a role in the coordination of cardiovascular health through the temporal control of physiology and organismal metabolism. Although light is the significant signal that sets up the 24-hour circadian cycle by entraining the master clock, other cues, including oxygen delivery to tissues, food, and body temperature, can permanently change the circadian system. Therefore, solutions that can improve the circadian rhythm are possible entry points to lessen the risks of cardiometabolic diseases. Erratic eating patterns can interrupt the body's metabolism and physiology, and temporal coordination cause deadly diseases. One study discovered that establishing a time-restricted feeding routine where all the calorie intakes were constantly restricted within  $\leq 12$  hours exerted cardiometabolic advantages . Another study showed that a strict feeding-fasting cycle could be linked with protection against breast cancer. Time-restricted eating provides benefits like preventing excessive body weight, sleep improvement, etc. And it was discovered that the circadian clock and other factors often mediate these benefits. Generally, combing the external cues with a sustained eating schedule can maintain an excellent circadian clock that can aid in the prevention of diseases.

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<sup>1</sup> Melkani, G. C., & Panda, S. (2017). Time-restricted feeding for prevention and treatment of cardiometabolic disorders. *The Journal of physiology*, 595(12), 3691–3700. <https://doi.org/10.1113/JP273094>

## **The scientific Approach to Time-Restricted Eating**



Through mouse studies, scientists have shown the benefits of time-restricted eating. However, new studies, including humans, have established and are yielding positive results. Professor Satchidananda Panda, an author, and professor at the Salk Institute,

explains in his talk with the Medical News Today that the studies of time-restricted feeding in animals pose possible health benefits to time-restricted eating in humans

In his research, he found out that mice who ate within a stipulated time were thinner and healthier than those who consumed the same amount of calories at a more expansive window time. (profile Satchidananda Panda Ph.D, n.d.).

He also believes that adhering to time-restricted eating may be beneficial in dealing with age-related diseases like high cholesterol and diabetes.

## **Early Time-Restricted Eating**

Time went by, and researchers started looking into ways to enjoy the benefits of short daily eating maximally. And that is where time-restricted eating comes into place.

Recent research has shown that although the amount and quality of one's food have essential roles in regulating the metabolism, the time of food consumption and the daytime are also vital. This notion comes from the close interaction between the body's metabolism and the endogenous circadian clock.

Early-time restricted eating is about consuming all your calories in the daytime and fasting for the rest of the day (evening time till the next day). Practicing this allows you to maximize the advantages of aligning your eating pattern with your organs' accessory clocks and circadian rhythm. In this type of restricted eating, you also need to eat dinner early, specifically in the mid to late afternoon.

As stated earlier, a master clock dictates your body's circadian rhythm. And these master clock keeps your sleep/wake cycle on track by using daylight. On the other hand, the accessory clocks in your organs take cues from the food you consume in the body. These clocks wake up when you begin eating and start to aid digestion, absorption, release, and storing of energy adequately.

On the other side, these clocks wind down as the day goes on. The conclusion is that the clocks efficiently deal with foods you eat earlier than later in the day. So limiting your daily eating window enables you to adjust your meals with these clocks, making it easier for the body to burn fat and calories.

## **Early Restricted Eating and Blood Sugar**

An evening meal can prompt a higher postprandial glucose concentration, according to research. Another study says that glucose tolerance is generally higher in the morning. Since burning calories is more complex in the evenings, it becomes difficult for the body to utilize high glucose, and this can cause a spike in your blood sugar level.

A specific study was carried out to analyze how much time-restricted eating affects the blood glucose level and markers of aging, autophagy, and the circadian clock. In the study, 11 obese adults were to engage in two phases. One phase had them under a controlled eating schedule between 8 am to 8 pm, while the other phase had them under time-restricted eating similar meals between 8 am and 2 pm.

After the test was completed, they hypothesized that early restricted eating would reduce the 24-hour glucose level. When insulin is high, it aids the storage of fat and blocks fat release. This result directly affects weight loss as more glucose and insulin overnight makes weight loss difficult.

## **Health Benefits of Time-Restricted Eating For Over 50 Women**

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<sup>2</sup> Morris CJ, Garcia JJ, Myers S, Yang JN, Trienekens N, Scheer FA. The human circadian system has a dominating role in causing the morning/evening difference in diet-induced thermogenesis. *Obesity*. (2015) 23:2053–8. 10.1002/oby.21189 [[PMC free article](#)] [[PubMed](#)] [[CrossRef](#)] [[Google Scholar](#)]

Several studies have linked time-restricted eating with health benefits, including weight loss, insulin resistance, and infectious diseases.

## **1. It may help you consume fewer calories**

Time-restricted eating rather than eating all round the clock from morning to night can help you eat less. Some research has shown that eating within a specific period every day can help to reduce the number of calories you consume in a day. A particular study showed that when young men restricted their meal consumption within four hours, not limiting the quantities of the meals, they ate about 650 fewer calories each day . However, other studies have countered this philosophy saying that while time-restricted eating may be helpful, the number of calories one consumes will depend on their food type. Therefore, although one may be eating within a shorter time frame, they may still consume more calories due to the food type. Ultimately, to benefit from consuming fewer calories, it would be best to eat low-calorie meals.

## **2. It may be beneficial for the heart**

Cardiovascular disease is the world's number one killer. Some research has shown that time-restricted eating reduces the possibility of heart disease risk factors, including blood pressure, blood sugar levels, inflammatory markers, high cholesterol, etc. However, most of these results are based on animal studies. And so, the health benefit of time-restricted

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<sup>3</sup> Rothschild J, Hoddy KK, Jambazian P, Varady KA. Time-restricted feeding and risk of metabolic disease: a review of human and animal studies. *Nutr Rev.* 2014 May;72(5):308-18. doi: 10.1111/nure.12104. Epub 2014 Apr 16. PMID: 24739093.

<sup>4</sup> Tinsley, G. M., Forsse, J. S., Butler, N. K., Paoli, A., Bane, A. A., La Bounty, P. M., Morgan, G. B., & Grandjean, P. W. (2017). Time-restricted feeding in young men performing resistance training: A randomized controlled trial. *European journal of sport science, 17*(2), 200–207. <https://doi.org/10.1080/17461391.2016.1223173>

eating on human heart health needs more studying and research to make it a well-identified fact.

### **3. Extended Lifespan**

Food restriction extends the lifespan of many organisms. Autophagy is when the body recycles the cell structures, including the mitochondria, the nucleus, and lysosomes. This action enables the cell to eliminate defunct structures, creating new raw materials to build new cellular structures. And some of these materials may be useful for making cell-protective proteins that extend the cells' lifespan. Also, other results from animal studies have linked autophagy to improved immune system memory. However, these processes are still not completely understood since these studies have only been carried out on animals and not on humans. Regardless, there may be a need to look into autophagy, as its benefit may go beyond an extended lifespan in humans.

### **4. Improved Sleep and Energy**

Researchers discovered that implementing the 10-11 hour eating window resulted in better energy levels and sleep in different studies.

### **5. An Improved Mental Health**

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<sup>5</sup> Hansen M, Chandra A, Mitic LL, Onken B, Driscoll M, Kenyon C (2008) A Role for Autophagy in the Extension of Lifespan by Dietary Restriction in *C. elegans*. *PLoS Genet* 4(2): e24. <https://doi.org/10.1371/journal.pgen.0040024>

Some research has shown that fasting can improve one's mental health. It also helps to stabilize one's mood and reduce depression and anxiety. It also helps women deal with the roller coaster of emotions that come with menopause.

## **How To Implement Time-Restricted Eating**

There are numerous ways to implement time-restricted eating both as a young and aged person. However, for women over 50, here are some safe ways to go about it:

- 1.** Choose a regular and easy eating window. However, try to start your caloric intake at least thirty minutes after you wake up and end every calorie intake at least 2-to 3 hours before sleeping.
- 2.** Try consuming most of your carbs and calories in the beginning hours of your caloric period. Research has shown that consuming more carbs in the earlier part of your day can help weight loss and improve your metabolic health.
- 3.** If early time-restricted eating is not suitable for you for one reason or the other, increase the proportion of your first meal and limit the amount of your last meal.
- 4.** Stay away from caffeinated teas when starting the time-restricted eating process. It would be best to take teas like fennel, chamomile, mint, rooibos, and ginger.

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<sup>6</sup> Daniela Jakubowicz, Zohar Landau, Shani Tsameret, Julio Wainstein, Itamar Raz, Bo Ahren, Nava Chapnik, Maayan Barnea, Tali Ganz, Miriam Menaged, Naomi Mor, Yosefa Bar-Dayan, Oren Froy; Reduction in Glycated Hemoglobin and Daily Insulin Dose Alongside Circadian Clock Upregulation in Patients With Type 2 Diabetes Consuming a Three-Meal Diet: A Randomized Clinical Trial. *Diabetes Care* 1 December 2019; 42 (12): 2171–2180. <https://doi.org/10.2337/dc19-1142>

# The Eating Windows

## 1. 12:12

The 12:12 eating window is the most manageable intermittent schedule, making it suitable for beginners. It is possible to be on this schedule unknowingly.

This schedule involves fasting for 12 hours and then having a flexible 12-hour eating period. So, for example, if you have breakfast at 8 am and eat dinner at 8 pm, you are on a 12:12 eating window. The good thing about this eating window is that it strictly trains one to eat within a specific period, so snacking after dinner time won't be possible.

## 2. 16:8

The 16:8 is a typical window type that you can easily incorporate into your everyday life. It is simply about restricting eating meals to an 8-hour window and fasting for the remaining 16 hours. For instance, if you eat dinner, which is your last meal for the day at 7 pm, your next meal would be at 11 am the next day. You can eat from 11 am to 7 pm, then stop eating by 7 pm, and the cycle continues, and of course, you can always alter the timing to suit your schedule. Generally, this method is easy and is an excellent option for most people.

## 3. 18:6

If you want to take things up a notch, you can try the 18:6 window eating. This window type requires you to fast for 18 hours and eat your meals between 6 hours. Within the 6 hours, you can eat two meals and an optional light snack. Generally, it is tasking and requires tremendous mental strength to adapt to it.

#### **4. 20:4**

The 20:4 window type is restrictive eating that allows one to go on a 20-hour fast and a 4-hour eating window. You can eat to your fill and beyond with the four hours, but that is practically impossible in a short period. Typically, the 4-hour eating window is in the evening; however, you can select a suitable time. For example, you can eat your meals between 1 pm and 5 pm and then fast for 20 hours. This window type would be most suitable for those who have a confident level of discipline, do not get hungry in the afternoons, feel like eating makes them sluggish and unproductive, or are often busy at work and may not have time to eat.

#### **5. OMAD**

OMAD means one meal a deal. It involves fasting for 24 hours after every meal. The general idea is to eat once a day and fast for an extended period. For instance, if you eat at 6 pm, you will begin fasting following that meal until 6 pm the next day. Alternatively, you can eat earlier and fast for 24 hours before the next meal.

### **Does Calorie Restriction Increase Lifespan And Anti-Aging?**

Calorie restriction means limiting your average caloric intake below what you should typically take without depriving yourself of essential nutrients. Researchers widely use this method to study aging processes. Through several studies carried out, the

conclusion is that it is a reproducible method for slowing the aging process. It can reduce body size and help to maintain a low body temperature.

Since calorie restriction refers to limiting food to reduce calories, this can cause a reduction in the metabolism rate . If one consumes less food, there is less food to process. And since calorie restrictions generally lead to weight, the body requires less energy to maintain the reduced body mass. Due to the reduction of the metabolic rate, researchers believe it can extend one's lifespan by limiting the free radical damage rate. Although there is no general agreement on how to measure damage from free radicals, there is direct evidence that supports the idea that some species produce fewer free radicals with a calorie restriction diet. Generally, research suggests that this method slows down aging and reduces age-related diseases.

Over the years, many scientists have carried out several studies on animals to understand the effect of calorie restriction on one's lifespan and as an anti-aging agent. One research showed that reducing calories by 20 to 50 percent can extend lifespan. The studies also showed that calorie restriction in short-lived species like rodents could extend their lifespan to 50 percent while limiting aging-related diseases and improving general health .

Another research was carried out on a grey mouse lemur. The lemur is a Madagascan primate with a lifespan of 12 years, and they are often beneficial as models for human aging. Generally, they have similar features to human beings helpful in carrying out the study. There are usually changes in their sensory system, endocrine and immune

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<sup>7</sup> Leonie K Heilbronn, Eric Ravussin, Calorie restriction and aging: review of the literature and implications for studies in humans, *The American Journal of Clinical Nutrition*, Volume 78, Issue 3, September 2003, Pages 361–369, <https://doi.org/10.1093/ajcn/78.3.361>

<sup>8</sup> McCay, C. M., Crowell, M. F. & Maynard, L. A. The effect of retarded growth upon the length of life span and upon the ultimate body size: one figure. *J. Nutr.* **10**, 63–79 (1935).

<sup>9</sup> Fontana, L., Partridge, L. & Longo, V. D. Extending healthy life span--from yeast to humans. *Science* **328**, 321–326 (2010).

systems, biological rhythms, and motor functions, all age-related. Also, they typically have an increased prevalence of aging-related diseases like sarcopenia and neoplasia.

So, according to the 2006 study that was carried out on 34 lemur mice, the conclusion was that Caloric restriction ameliorates health and extends lifespan . 15 of the animals were on a control diet. The other 19 were on a calorie-restricted diet. After the study, none of the 15 animals were alive; however, 7 out of the 19 were alive. Their median lifespan increased by 50 percent; they lived more than their maximum lifespan and had lower age-related diseases like nephritis and cancer.

In conclusion, several animal studies on whether calorie restriction eating affects life span and aging have shown that the method increases the animals' lifespan. However, scientists are still skeptical as what may be favorable for animals may not be for humans. So while results are positive, they may pose dangers to humans and may become negative.

## **Time-Restricted Eating And Hormonal Effects on Over 50 Women**

Time-restricted eating is a form of intermittent fasting, which has been shown to provide specific health benefits. However, time-restricted eating is not the same for men and women, and so if a woman does not go about it properly, it can cause more harm than good. Since women's bodies are biologically designed for fertility which aids reproduction, long periods without food may signal the body to prevent pregnancy. However, women need to understand that besides from that, estrogen and progesterone, which are the primary female hormones, do more than get them pregnant. Estrogen aids weight loss,

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<sup>10</sup> Pifferi, F., Terrien, J., Marchal, J. *et al.* Caloric restriction increases lifespan but affects brain integrity in grey mouse lemur primates. *Commun Biol* **1**, 30 (2018). <https://doi.org/10.1038/s42003-018-0024-8>

cognitive function, and bone density. It also helps deal with stress and anxiety, mood, and energy and improves metabolism.

So, as a woman, whether young or old, it is crucial to know that time-restricted fasting can cause an estrogen imbalance and disrupt the body's physiological processes.

Consequently, a hormonal imbalance can lead to many other problems in other hormones. These hormones include the stress hormone known as cortisol and the thyroid hormone.

Since time-restricted eating can result in estrogen imbalance, this imbalance can cause several issues like low energy , poor cardiovascular health, and poor muscle tone. It can also cause decreased bone density, weight gain, poor hair and skin health , poor glucose control , and impaired cognitive function.

Imbalanced cortisol will cause anxiety, insomnia, low energy, and sugar cravings. And when the thyroid hormone is imbalanced, it can lead to dry hair and skin, anxiety, brain fog, and depression.

Finally, while time-restricted eating may have its benefits, the adverse effects for older women may sometimes outweigh the benefits.

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<sup>11</sup> Mauvais-Jarvis, F., Clegg, D. J., & Hevener, A. L. (2013). The role of estrogens in control of energy balance and glucose homeostasis. *Endocrine reviews*, 34(3), 309–338. <https://doi.org/10.1210/er.2012-1055>

<sup>12</sup> Wend, K., Wend, P., & Krum, S. A. (2012). Tissue-Specific Effects of Loss of Estrogen during Menopause and Aging. *Frontiers in endocrinology*, 3, 19. <https://doi.org/10.3389/fendo.2012.00019>

<sup>13</sup> Mauvais-Jarvis, F., Clegg, D. J., & Hevener, A. L. (2013). The role of estrogens in control of energy balance and glucose homeostasis. *Endocrine reviews*, 34(3), 309–338. <https://doi.org/10.1210/er.2012-1055>

# Potential Risks of Time-Restricted Eating

## 1. Low Energy and Fatigue

Studies have shown that when some people practice the various eating window methods, their energy level lowers, and they experience fatigue. They tend to experience low blood sugar (a common health issue among older women), making them weak and tired. Also, Time-restricted Eating may cause sleep disturbance for some people, making them tired during the day. However, other relevant studies have shown that it can reduce fatigue, especially when your body adapts to the usual window period.

## 2. Malnutrition

Malnutrition can set in if you do not go through the process well. If, for instance, you engage in a long eating window period and do not replenish your body with adequate nutrients, it could lead to malnutrition. Avoid deliberately extending your fasting periods because it can also cause other health problems. You can always meet a healthcare professional to help you develop a good plan that will provide you with the appropriate amount of nutrients and calories you will need.

## 3. Mood Swings and Irritability

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<sup>14</sup> Finnell, J. S., Saul, B. C., Goldhamer, A. C., & Myers, T. R. (2018). Is fasting safe? A chart review of adverse events during medically supervised, water-only fasting. *BMC complementary and alternative medicine*, 18(1), 67. <https://doi.org/10.1186/s12906-018-2136-6>

<sup>15</sup> Harvie, M., & Howell, A. (2017). Potential Benefits and Harms of Intermittent Energy Restriction and Intermittent Fasting Amongst Obese, Overweight and Normal Weight Subjects-A Narrative Review of Human and Animal Evidence. *Behavioral sciences (Basel, Switzerland)*, 7(1), 4. <https://doi.org/10.3390/bs7010004>

Some people may deal with mood issues and irritability when practicing time-restricted eating. Low blood sugar can significantly contribute to some people feeling irritated . Low blood sugar can occur during calorie restriction or fasting periods, and besides from irritability, it can also cause poor focus and anxiety. A study carried out on 52 women in 2016 showed that they had increased irritability when they were on an 18-hour food restriction window or fasting than when they were within a non-fasting period . They felt more pride and achievement towards the end of the fasting than at the beginning.

#### **4. It May Cause You To Overeat**

Following long window fastings, there may be a push to overeat because your hunger center and hunger hormones go into overdrive when you do not eat. In several studies, there is accumulating evidence to show that eating in misalignment with your natural daily pattern can cause metabolic issues, affecting your eating.

#### **5. Digestive Issues**

A reduction of food intake while on a time-restricted plan or intermittent fasting can cause some digestive issues like bloating, constipation, and diarrhea.

**NOTE;** Minimizing calories or skipping meals can cause harm for people with specific health conditions like diabetes. People over age 50 have more tendencies to deal with

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<sup>16</sup> Mongraw-Chaffin, M., Beavers, D. P., & McClain, D. A. (2019). Hypoglycemic symptoms in the absence of diabetes: Pilot evidence of clinical hypoglycemia in young women. *Journal of clinical & translational endocrinology*, *18*, 100202. <https://doi.org/10.1016/j.jcte.2019.100202>

<sup>17</sup> Watkins, E., & Serpell, L. (2016). The Psychological Effects of Short-Term Fasting in Healthy Women. *Frontiers in nutrition*, *3*, 27. <https://doi.org/10.3389/fnut.2016.00027>

<sup>18</sup> Wilhelmi de Toledo, F., Grundler, F., Bergouignan, A., Drinda, S., & Michalsen, A. (2019). Safety, health improvement and well-being during a 4 to 21-day fasting period in an observational study including 1422 subjects. *PloS one*, *14*(1), e0209353. <https://doi.org/10.1371/journal.pone.0209353>

<sup>19</sup> Cui, Y., Cai, T., Zhou, Z., Mu, Y., Lu, Y., Gao, Z., Wu, J., & Zhang, Y. (2020). Health Effects of Alternate-Day Fasting in Adults: A Systematic Review and Meta-Analysis. *Frontiers in nutrition*, *7*, 586036. <https://doi.org/10.3389/fnut.2020.586036>

blood pressure, cardiovascular disease, and diabetes. So if you are taking medications for any of these while fasting, you risk the chance of having electrolyte abnormalities.

## **Who Should Avoid Time-Restricted Eating?**

Generally, time-restricted eating is a safe practice for everyone. However, some people should avoid it as it may not be healthy for one reason or another.

The following over 50 age women should avoid time-restricted eating;

- 1.** Over 50 breastfeeding women
- 2.** Over 50 women who experience weakness
- 3.** Over 50 women with immunodeficiencies
- 4.** over 50 women with past or current eating disorders
- 5.** over 50 women with dementia
- 6.** over 50 women with a history of traumatic brain injury

Although this list applies to women who are over 50, it is not restricted to them alone.

## **Time-Restricted Diet Plans For Over 50 Women**



Generally, over 50 women face numerous age-related health challenges. And sometimes, these challenges may require them to eat certain foods and at certain times hence the time-restricted eating.

These health challenges include high blood pressure, cardiovascular disease, diabetes, cancer, arthritis, high cholesterol, depression, etc.

Studies relating to time-restricted eating have shown that it helps maintain blood levels, fight cancer, deal with depression, and fight cardiovascular diseases.

However, not only do you need to engage in time-restricted eating, but you also need to have a good diet plan to help with it.

So here are some excellent eating plans to help you live healthily.

## **1. The Mediterranean Diet**

The Mediterranean diet is one of the healthiest diet patterns for anybody, including over 50 women. This diet comprises low-fat content like nuts, fruits, vegetables, whole grains, and legumes. And its primary source of added fat is olive oil. This diet type is predominantly plant-based; however, it includes animal-based products like fish, red meat, eggs, dairy, and poultry. Generally, this diet type is high in protein and suitable for women who need to deal with muscle loss. Research has shown that the Mediterranean diet reduces the risks of chronic age-related diseases like cancer, heart diseases, mental illness, and diabetes.

## **2. Paleo**

The paleo is a low carbohydrate, high-protein diet plan rich in nuts, vegetables, eggs, unprocessed meat, and fruits. The "low" carbohydrate characteristics are beneficial for over 50 women who may be having issues with insulin resistance and cannot process

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<sup>20</sup> Romagnolo, D. F., & Selmin, O. I. (2017). Mediterranean Diet and Prevention of Chronic Diseases. *Nutrition today*, 52(5), 208–222. <https://doi.org/10.1097/NT.0000000000000228>

carbohydrates like before. It also has dairy or soy, which aids women deal with hormonal changes. Lastly, it has good fats that induce healthy hormone production.

### **3. The DASH Diet**

According to research, high blood pressure significantly increases after menopause starts. DASH means The Dietary Approaches to Stop Hypertension. This type of diet helps to treat Hypertension. This diet has foods rich in calcium, magnesium, and potassium, which aid in reducing blood pressure. It also has low sodium content.

The DASH diet features low-fat dairy, fruits, and veggies. It also has a decent amount of legumes, seeds, grains, poultry, and fish.

### **4. Whole Food**

The whole food plan avoids processed foods, and this can prevent inflammation. This diet type also manages hormones since its foods do not contain preservatives and antibiotics, which can significantly disrupt hormones. Its diet focuses on food products like legumes, healthy fats, meats, fruits, and fish. According to Hulsebus, the absence of processed foods in one's diet results in less abdominal fat storage and improved blood sugar stability. Lastly, the diet contains a high amount of fiber which helps one stay full and prevent overeating.

### **5. The MIND Diet**

Sex and age are risk factors for dementia, and it is more prevalent in women than in men. Women make up two-thirds of the most common type of dementia which is Alzheimer's disease. The MIND diet helps to reduce the chances of Alzheimer's disease and other age-

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<sup>21</sup> Andrew, M. K., & Tierney, M. C. (2018). The puzzle of sex, gender and Alzheimer's disease: Why are women more often affected than men?. *Women's Health, 14*, 1745506518817995. <https://doi.org/10.1177/1745506518817995>

related mental illnesses. MIND means Mediterranean-DASH Intervention for Neurodegenerative Delay. It features elements of the Mediterranean and DASH diet to aid brain health. It comprises food like olive oil, berries, beans, whole grains, fatty fish, and leafy greens, and it discourages foods like meat, butter, and cheese. Several studies have shown that this diet type slows down the risk of dementia. And while those who strictly follow it have the most reduced risk of the disease, others who slightly follow it may still have their mental decline at a slower rate

Other diet plans include flexitarian and vegetarian diets.

## The Bottom Line

If you are an over 50 woman, it may be challenging to select a diet type combined with time-restricted eating, all to stay healthy, especially when dealing with changes that come with aging. However, the important thing is to select a diet type that suits your nutritional goals, a window eating period that fits your schedule and stick to them strictly. With the health benefits of time-restricted eating and any diet type, you are sure of a healthy and robust life. After all, the ultimate goal is to live a healthy life and feel as young as possible even after 50.

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<sup>22</sup> Morris, M. C., Tangney, C. C., Wang, Y., Sacks, F. M., Barnes, L. L., Bennett, D. A., & Aggarwal, N. T. (2015). MIND diet slows cognitive decline with aging. *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 11(9), 1015–1022.

<https://doi.org/10.1016/j.jalz.2015.04.011>

<sup>23</sup> Hosking, D. E., Eramudugolla, R., Cherbuin, N., & Anstey, K. J. (2019). MIND not Mediterranean diet related to 12-year incidence of cognitive impairment in an Australian longitudinal cohort study. *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 15(4), 581–589. <https://doi.org/10.1016/j.jalz.2018.12.011>

<sup>24</sup> Morris, M. C., Tangney, C. C., Wang, Y., Sacks, F. M., Bennett, D. A., & Aggarwal, N. T. (2015). MIND diet associated with reduced incidence of Alzheimer's disease. *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 11(9), 1007–1014.

<https://doi.org/10.1016/j.jalz.2014.11.009>



