

The protein gap

Weight gain is one of the key changes women report noticing during the transition to menopause. The surprising fix isn't eating less — it's getting enough protein.

AVERAGE PROTEIN SHORTFALL

35g

the average daily shortfall in protein
for women aged 40–55 years

1 in 3



Enough protein

Only one in three women reported protein intakes optimal for weight management and muscle retention

7 in 10



Weight loss on TWD

Seven in 10 female members lose 5% or more of their body weight on the Total Wellbeing Diet



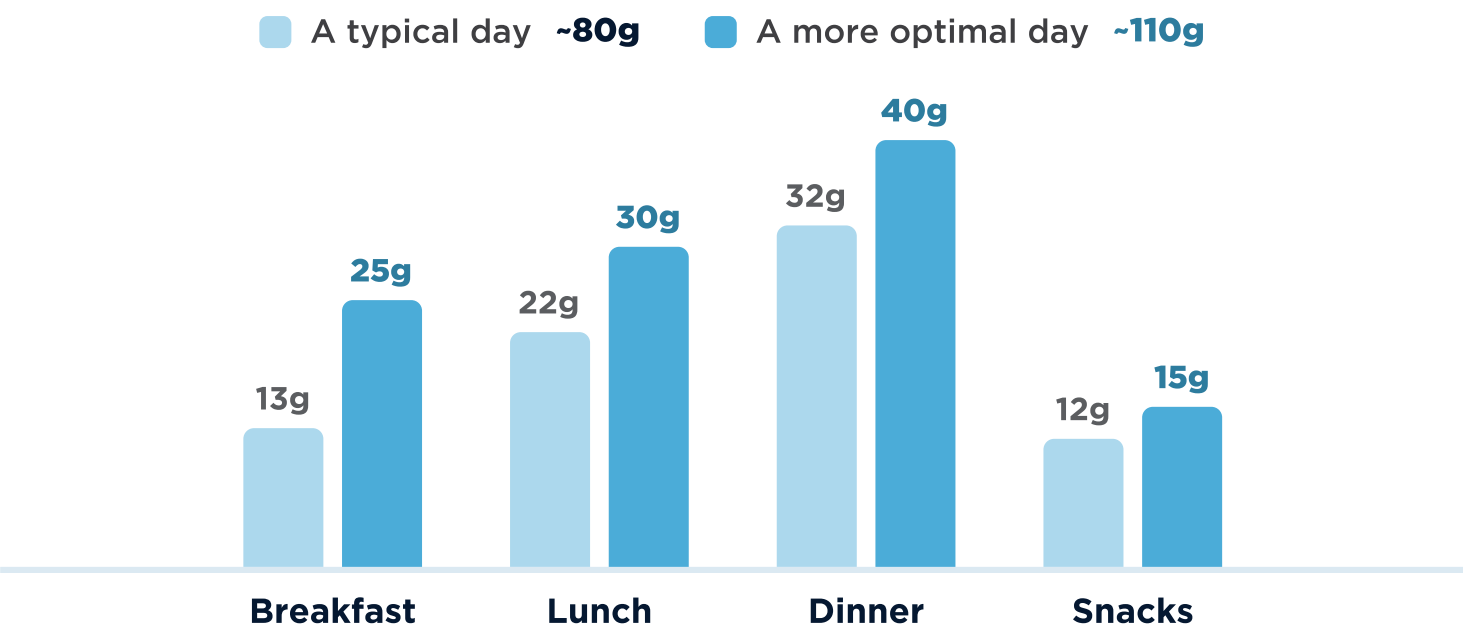
"Many women are surprised to learn they may need more protein as they head into menopause than they did earlier in life."

Dr Gilly Hendrie · CSIRO Research Scientist

The weight + muscle connection

As oestrogen declines, the body starts losing muscle faster than it can rebuild it. Less muscle means a slower metabolism, so weight can creep on even when nothing about how you eat has changed. Protein helps to retain muscle mass — which is why it matters more now, not less.

It's not just how much protein, but when



Example day for an average woman aged 40–55, weighing 90kg. Front-loading protein at breakfast, rather than saving it for dinner, helps to distribute protein throughout the day.

Whole-food protein sources are best



Chicken, meat, fish



Eggs



Beans & legumes



Yoghurt, milk, cheese

FREE TOOL

Find your personal protein target
totalwellbeingdiet.com/protein

Calculate your target