

In a descriptive survey, this study explored menopausal symptoms of 120 women aged 40-60 years and the food they ate among the Six Food Groups of Ghana. Questionnaire was used to collect the data which were analysed with the SPSS to generate frequencies and percentage tables for discussion. More than half of the menopausal women experienced mood swings; hot flashes; reduced work output; fatigue; sleeplessness; and weight gain. The main vegetables consumed by all the women were tomatoes, onions, pepper, garden and *kantomire* (cocoyam leaves). Majority ate fish; maize; banana, and palm oil. A moderate percentage ate rice, wheat, cow peas, soy oil and frytol; minority ate animal foods other than fish; starchy roots and plantain seeds, carrots, cabbage, cucumber, French beans and spring onions, green pepper and lettuce; beverage, fruit drink and fresh fruit juice. The women restricted themselves to a few of the nutritious local foods among the Ghana six food advantage of to reduce or prevent their menopausal challenges. that menopausal women increase the variety, frequency and portions of fruits and vegetables consumed especially because of their phyto topics on nutrition and menopause should be included in the Home Economics curriculum; and Home Economists and Nutritionists in the community should organize talks on Nutrition and Menopause for women groups.