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**Dietary practices by rural menopausal women in South Africa****Nditsheni Jeanette Ramakuela**  
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Menopause for majority of rural women from midlife has become a global health challenge especially coping with the clinical challenges and dietary issues that come with it. Women from the ages of 40 years and above start experiencing clinical manifestations way or another that also impact on their diet. This study adopted a qualitative approach and aimed to explore and describe dietary practices by rural menopausal women of Limpopo Province, South Africa. Four villages with the largest population were purposefully selected. A representative portion of the population of women aged 40 years and above was selected and a convenient sample of 29 women was selected for the study. Purposive sampling was used to select the participants for the focus groups. Sample size was determined by data saturation during the fourth focus group interview. Data were collected through focus group interviews and one central question guided the discussions. Tesch's eight steps of qualitative data analysis were used. Measures to ensure trustworthiness and ethical issues were observed. Three themes emerged namely: Psycho-social challenges; menopausal age and diet practices, healthy lifestyle and remedies. In conclusion, the study recommended that counselling and proper health education regarding healthy dietary practices for rural menopausal women be done.

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