

Perimenopause Decoded:



Your Clear Path to
Feeling Like Yourself
Again





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What is Perimenopause

Perimenopause is the phase of life when your body begins to transition toward menopause. It typically begins in your 40s, but it can start as early as your mid-to-late 30s. During this time, your ovaries produce less estrogen, leading to a variety of changes in your menstrual cycle and symptoms.

This stage can last several years before your periods stop completely. You've officially reached menopause once you have gone 12 full months without a period.

Signs & Symptoms

Changes in hormone levels can bring on a variety of symptoms. These symptoms can vary in intensity and don't affect everyone in the same way.

Common Symptoms

- Irregular or skipped periods
- Hot flashes
- Night sweats
- Mood swings or irritability
- Trouble sleeping
- Vaginal dryness
- Lower sex drive
- Brain fog or forgetfulness
- Fatigue
- Weight gain, especially around the middle



Everyone experiences symptoms differently. Tracking yours helps your provider see the full picture.

Hormones & Lab Testings

Some women may have lab work done to help confirm they're in perimenopause. But hormone levels can change daily, so these tests are not always conclusive.

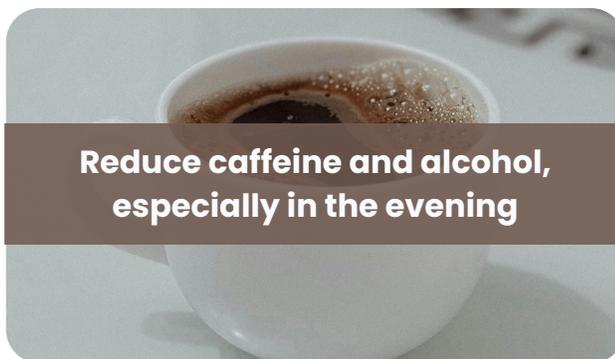
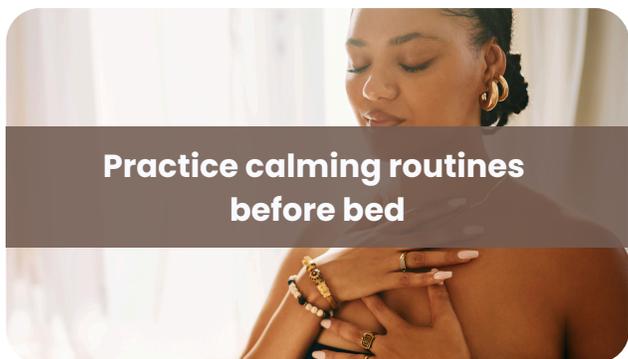
Tests That May Be Ordered

- **FSH (Follicle Stimulating Hormone)**: Often increases as the ovaries slow down
- **Estradiol (Estrogen)**: May go up and down
- **Thyroid (TSH)**: Checked to rule out thyroid issues
- **Vitamin D and Iron**: Checked for general health and energy support

Ways to Relieve Perimenopause Symptoms

Relief

Helpful Tips



Perimenopause

Nutrition to Support Perimenopause

Nutrition helps to support your body through hormone changes. The right foods can also help relieve symptoms such as fatigue, poor sleep, and mood swings.

Important Nutrients

1 Calcium: Calcium helps keep bones strong and prevents bone loss as estrogen levels decline.

Food to focus on:

- Dairy products or fortified plant milks like soy, almond, or oat milk
- Leafy greens like kale, collard greens, and bok choy
- Tofu made with calcium
- Canned salmon or sardines with bones
- Chia seeds



2 Vitamin D: Vitamin D helps the body absorb calcium and supports mood and immune health.

Foods to focus on:

- Fortified dairy products/plant milks and cereals
- Fatty fish (like salmon, sardines, and mackerel)
- Egg yolks
- Mushrooms exposed to sunlight



Getting 10–15 minutes of sun exposure on bare skin a few times per week can also help your body make vitamin D.

3 Magnesium: This mineral helps promote sleep, regulate mood, and induce muscle relaxation.

Foods to focus on:

- Pumpkin seeds
- Almonds and cashews
- Spinach and Swiss chard
- Black beans
- Avocados
- Dark chocolate (in small amounts)



Important Nutrients Continued

4 B Vitamins (especially B6, B12, and Folate): B vitamins help your body produce energy and support brain function.

Foods to focus on:

- Whole grains (like oats, quinoa, and brown rice)
- Eggs
- Leafy greens
- Lentils and beans
- Animal proteins (like fish, chicken, and beef)
- Nutritional yeast (fortified with B12 if plant-based)



5 Omega-3 Fatty Acids: Omega-3s support brain health, reduce inflammation, and may help with mood swings.

Foods to focus on:

- Fatty fish (like salmon, sardines, and trout)
- Ground flaxseed
- Chia seeds
- Walnuts
- Hemp seeds
- Algal oil (a plant-based supplement for omega-3s)



6 Fiber: Fiber supports digestion, helps manage weight, and balances blood sugar and estrogen levels.

Foods to focus on:

- Whole grains like oats, brown rice, and barley
- Beans and lentils
- Fruits like berries, pears, and apples with skin
- Vegetables, especially broccoli, carrots, and sweet potatoes
- Nuts and seeds



7 Phytoestrogens: These are plant compounds that act like weak estrogens in the body. They may help ease hot flashes and support hormone balance.

Foods to focus on:

- Soy foods like tofu, tempeh, soy milk, and edamame
- Ground flaxseeds
- Lentils and chickpeas
- Sesame seeds



Lifestyle Habits for Hormone Balance

Get 7–9 Hours of Sleep Each Night

Sleep supports hormone balance, mood, and brain function.

Tips:

- Keep a regular sleep schedule
- Avoid screens 1 hour before bed
- Limit caffeine and alcohol in the evening



Move Your Body Every Day

Regular movement reduces stress, supports bones, and helps to improve your mood.

Ideas:

- Walk, stretch, or do yoga
- Strength train 2–3 times a week
- Choose activities you enjoy

Drink Plenty of Water

Staying hydrated helps with digestion, energy, and temperature control.

Tips:

- Aim for 8 cups (64 oz) of water per day
- Sip throughout the day
- Carry a water bottle with you



Limit Sugar and Processed Foods

Reducing added sugar keeps blood sugar steady and lowers inflammation.

Tips:

- Eat mostly whole, unprocessed foods
- Cook more meals at home
- Read labels to spot added sugars

Lifestyle Habits for Hormone Balance

Practice Stress Management Every Day

Reducing stress helps support sleep, mood, and hormone balance.

Ideas:

- Deep breathing or meditation
- Journaling or reading
- Gentle stretching or yoga



Spend Time Outside in Natural Light

Sunlight boosts vitamin D and supports sleep and mood.

Tips:

- Get 15 minutes of morning sunlight
- Walk outside daily
- Open windows to let natural light in

Avoid Smoking and Limit Alcohol

Cutting back reduces hot flashes and protects heart and bone health.

Tips:

- Limit alcohol to a few drinks per week
- Avoid smoking or get help to quit
- Replace evening drinks with herbal tea or water



Build Supportive Social Connections

Staying connected reduces stress and supports emotional health.

Ideas:

- Call or meet with a friend regularly
- Join a support group or club
- Volunteer in your community



Chocolate Avocado Smoothie

SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

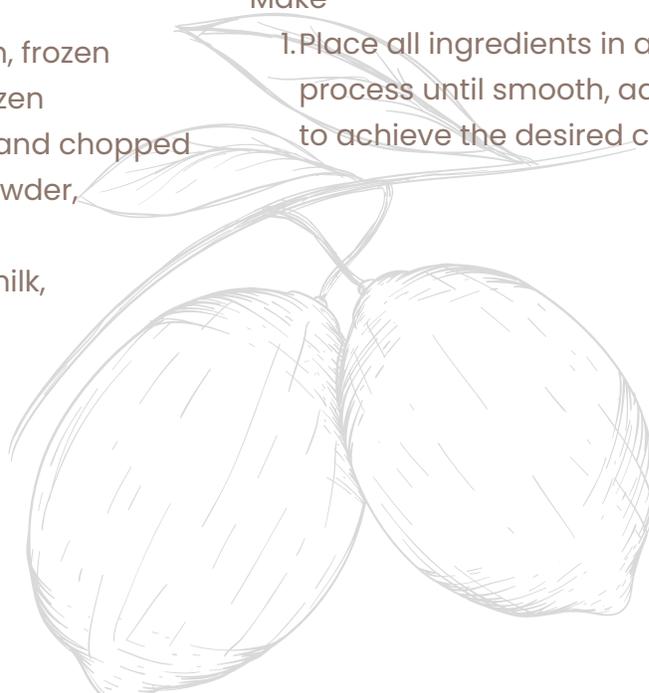
Ingredients

- 1/2 avocado
- 1/4 cup spinach, frozen
- 1/2 banana, frozen
- 2 dates, pitted and chopped
- 3 Tbs cocoa powder, unsweetened
- 1 cup almond milk, unsweetened

Directions

Make

1. Place all ingredients in a blender and process until smooth, adding water or ice to achieve the desired consistency.



Nutrition Facts

Calories 431
per serving

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 19.9g	30%	Total Carbohydrates 72g	23%
Saturated Fat 3.7g	18%	Dietary Fiber 19g	74%
Trans Fat 0.0g		Total Sugars 42g	
Cholesterol 0mg	0%	Protein 9g	
Sodium 220mg	9%		
Vitamin D 3mcg 26% · Calcium 580mg 57% · Iron 5mg 25% · Potassium 1516mg 32%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Blueberry Walnut Overnight Oats

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 8 HR

Ingredients

- 1/2 cup Greek yogurt, plain
- 1 cup oats, rolled gluten-free, if needed
- 1 cup almond milk, unsweetened or milk of choice
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1/2 tsp vanilla extract
- 1 lemon, zested (for 1 tablespoon lemon zest)
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 Tbs walnuts, crushed for garnish
- 1 cup blueberries

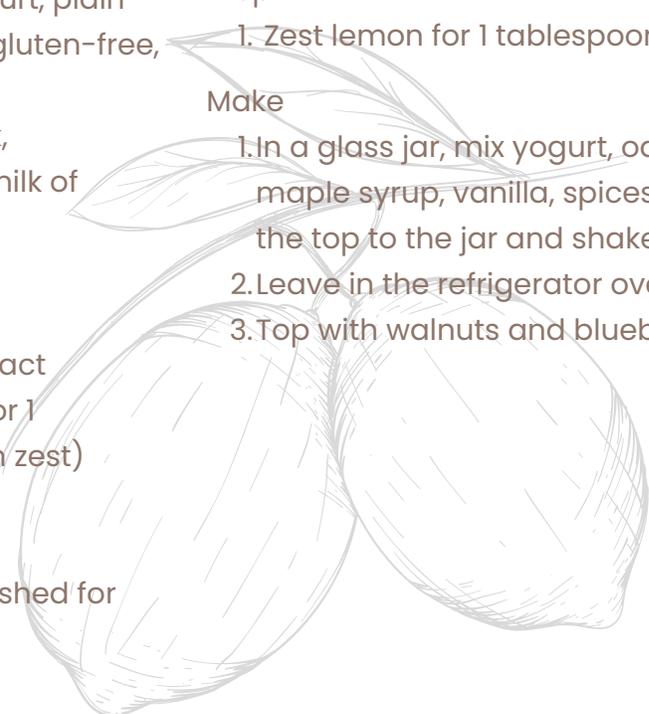
Directions

Prep

1. Zest lemon for 1 tablespoon of zest.

Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, vanilla, spices, and lemon zest. Add the top to the jar and shake.
2. Leave in the refrigerator overnight.
3. Top with walnuts and blueberries.



Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	402	Total Fat 13.3g	20%	Total Carbohydrates 57g	19%
		Saturated Fat 2.4g	12%	Dietary Fiber 12g	48%
		Trans Fat 0.1g		Total Sugars 17g	
		Cholesterol 6mg	1%	Protein 17g	
		Sodium 122mg	5%		
Vitamin D 1mcg 13% · Calcium 447mg 44% · Iron 4mg 22% · Potassium 519mg 11%					

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Kale, Quinoa & Tofu Salad

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

Ingredients

- 1/2 cup quinoa, frozen, defrosted
- 14 oz tofu, extra-firm, drained, cut into 1/2 inch cubes (1 packaged block)
- 5 Tbs olive oil, extra-virgin
- 1 bunch kale, spines removed and leaves torn
- 1 lemon, juiced
- 3 Tbsp tahini
- 1 tsp maple syrup
- 2 cups cabbage, red, shredded
- 1/4 onion, red, small, thinly sliced
- 2 Tbs pepitas, raw
- 1 Tbs hemp seeds
- salt, to taste
- black pepper, to taste

Directions

Prep

1. Defrost quinoa & drain and cube tofu.
2. Remove spines from kale and tear leaves into bite-sized pieces.
3. Shred cabbage & slice the onion.

Make

1. Pat the tofu dry between paper towels. Feel free to season the tofu with herbs or spices if desired. Heat 3 tablespoons olive oil in a large nonstick skillet over medium heat. Add the tofu, turning once, until well browned.
2. Place kale in a large bowl. Drizzle with 1 teaspoon of the lemon juice and massage until tender, about 2 minutes.
3. Add the remaining lemon juice, maple syrup, tahini, and the remaining 2 tablespoons of olive oil to a small bowl and whisk together. Add 2 tablespoons of water to thin.
4. Add cabbage, onion, quinoa, pepitas, and hemp seeds to the bowl of kale and drizzle with 2 tablespoons of the dressing. Toss to combine.
5. Season with salt and black pepper.
6. Plate the salad and top with tofu cubes. Drizzle with remaining dressing.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 36.1g		55%	Total Carbohydrates 26g
Saturated Fat 4.9g		24%	Dietary Fiber 2g	27%
Trans Fat 0.0g			Total Sugars 4g	
Cholesterol 0mg		0%	Protein 20g	
Sodium 24mg		1%		
Vitamin D 0mcg 0% · Calcium 226mg 22% · Iron 4mg 24% · Potassium 455mg 9%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Triple Seed Crusted Salmon

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 1/2 lb salmon, cut into portions
- 1 Tbs black sesame seeds (or white sesame seeds)
- 3 Tbs sunflower seeds, raw
- 1 Tbs hemp seeds (hemp hearts)
- salt, to taste

Directions

Prep

1. Rinse and pat salmon dry. Slice into portions [recommended 4-6 oz. per portion]
2. Preheat oven to 375° F and line a baking sheet with parchment paper.

Make

1. In a small bowl, mix together the seeds and salt. Place the seed mixture on a plate.
2. Press the flesh side of the salmon into the mixture and place it on a parchment-lined baking sheet. Repeat with all fillets.
3. Place the baking sheet in the middle of the oven and bake until salmon is cooked through [internal temperature should reach 145° F]. Cooking time will depend on the thickness of the fish.
4. Serve atop greens with a side of vegetables.

Notes: This recipe is terrific with any fish.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	393	Total Fat 26.3g	40%	Total Carbohydrates 1g	0%
		Saturated Fat 5.6g	27%	Dietary Fiber 1g	2%
		Trans Fat 0.0g		Total Sugars 0g	
		Cholesterol 94mg	31%	Protein 36g	
		Sodium 101mg	4%		
Vitamin D 19mcg 187% · Calcium 41mg 4% · Iron 1mg 6% · Potassium 672mg 14%					

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