



Track 2 Transform

**THE 8TH ELEMENT  
COACH SRIVIDYA**



*fiber-rich*

# Foods For 40+ Perimenopausal Women





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# Introduction

## *Importance of Fiber*

Fiber supports digestive health, regulates blood sugar, and helps maintain a healthy weight, all crucial for overall wellness during perimenopause.

## *Why Focus on Perimenopausal Women?*

Perimenopause brings hormonal changes that can affect digestion, weight, and overall health. Incorporating fiber can help manage these changes and improve quality of life.



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# Understanding Fiber

## *Types of Fiber*

- Soluble Fiber: Dissolves in water to form a gel-like substance. Found in oats, apples, and beans.
- Insoluble Fiber: Adds bulk to stool and helps food pass more quickly through the stomach and intestines. Found in whole grains, nuts, and vegetables.

## *Daily Fiber Recommendations*

- Women: Aim for at least 25 grams of fiber per day.



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# **Benefits of Fiber for Perimenopausal Women**

## **Digestive Health**

Fiber prevents constipation and supports a healthy gut, reducing the risk of digestive issues common during perimenopause.

## **Weight Management**

Fiber helps you feel full, reducing overeating and supporting weight management, which can be challenging during hormonal changes.

## **Blood Sugar Regulation**

Fiber slows down sugar absorption, preventing blood sugar spikes and helping manage energy levels.



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# **Benefits of Fiber for Perimenopausal Women**

## **Heart Health**

Fiber helps reduce cholesterol levels, lowering the risk of heart disease, which becomes more significant with age.

## **Managing Perimenopausal Symptoms**

Fiber can help mitigate symptoms like bloating, mood swings, and weight gain, promoting overall well-being.



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# **Common Fiber-Rich Foods in Indian Diet**

## **Whole Grains**

Whole Wheat Roti: 1 medium - 2g  
fiber

Brown Rice: 1 cup cooked - 3.5g  
fiber

Oats: 1 cup cooked - 4g fiber

## **Legumes and Pulses**

Lentils (Masoor Dal): 1 cup cooked  
- 15.6g fiber

Chickpeas (Chana): 1 cup cooked -  
12.5g fiber

Kidney Beans (Rajma): 1 cup  
cooked - 11.3g fiber

## **Nuts and Seeds**

Almonds: 1 oz (about 23 almonds)  
- 3.5g fiber

Chia Seeds: 1 oz (about 2  
tablespoons) - 10g fiber

Flaxseeds: 1 oz (about 3  
tablespoons) - 8g fiber



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# **Common Fiber-Rich Foods in Indian Diet**

## **Vegetables**

**Spinach (Palak): 1 cup cooked - 4.3g  
fiber**

**Carrots: 1 medium - 1.7g fiber**

**Okra (Bhindi): 1 cup cooked - 3.2g  
fiber**

**Green Peas: 1 cup cooked - 8.8g fiber**

**Cauliflower: 1 cup cooked - 3g fiber**

**Broccoli: 1 cup cooked - 5.1g fiber**

**Pumpkin: 1 cup cooked - 2.7g fiber**

**Sweet Potatoes: 1 medium - 3.8g fiber**

**Potatoes: 1 medium - 2.2g fiber**

**Eggplant (Baingan): 1 cup cooked -  
2.5g fiber**

**Bell Peppers: 1 cup cooked - 3.1g fiber**

**Tomatoes: 1 medium - 1.5g fiber**

**Onions: 1 medium - 1.9g fiber**

**Cabbage: 1 cup cooked - 2.2g fiber**

**Beetroot: 1 cup cooked - 3.4g fiber**

**Bitter Gourd (Karela): 1 cup cooked -  
2.5g fiber**



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# **Common Fiber-Rich Foods in Indian Diet**

## **Fruits**

Apples: 1 medium - 4.4g fiber

Bananas: 1 medium - 3.1g  
fiber

Oranges: 1 medium - 3.1g fiber

Mangoes: 1 medium - 5.4g  
fiber

Pears: 1 medium - 5.5g fiber

Pomegranates: 1 medium -  
11.3g fiber

Papaya: 1 cup - 2.5g fiber

Guava: 1 medium - 5.4g fiber

Grapes: 1 cup - 1.4g fiber

Strawberries: 1 cup - 3g fiber

Watermelon: 1 cup - 0.6g fiber

Cantaloupe: 1 cup - 1.6g fiber





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# Sample Fiber-rich Meal Plan

## Breakfast

- Oatmeal with Chia Seeds and Banana
  - Oatmeal: ½ cup cooked - 2g fiber
  - Chia seeds: 1 tablespoon - 5g fiber
  - Banana: 1 medium - 3.1g fiber
  - Total: 10.1g fiber

## Mid-Morning Snack

- Apple and Almonds
  - Apple: 1 medium - 4.4g fiber
  - Almonds: 1 oz (about 23 almonds) - 3.5g fiber
  - Total: 7.9g fiber

## Lunch

- Lentil Soup (Masoor Dal) with Whole Wheat Roti and Spinach
  - Lentils: ½ cup cooked - 7.8g fiber
  - Whole Wheat Roti: 1 medium - 2g fiber
  - Spinach: 1 cup cooked - 4.3g fiber
  - Total: 14.1g fiber



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# Sample Fiber-rich Meal Plan

## Afternoon Snack

- Carrots
  - Carrots: 2 medium - 3.4g fiber
  - Total: 3.4g fiber

## Dinner

- Rajma with Brown Rice and Okra
  - Kidney Beans (Rajma): ½ cup cooked - 5.7g fiber
  - Brown Rice: ½ cup cooked - 1.75g fiber
  - Okra: 1 cup cooked - 3.2g fiber
  - Total: 10.65g fiber

## Total Daily Fiber Intake

- Total: 46.15g fiber

# WHERE TO FROM HERE?

Dear Wonderful Women Navigating Peri-menopause,  
In this journey of transformation and change, it's both empowering and comforting to know you're not alone.

The fluctuations in your body and emotions during peri-menopause are a natural part of life, yet they can sometimes feel overwhelming. From shifting hormone levels to the unexpected twists in mood and energy, the path can seem daunting.

While lifestyle adjustments such as engaging in regular exercise, embracing a balanced diet, and ensuring you get enough restful sleep are key pillars in managing your well-being during this time, implementing these changes isn't always straightforward.

It's completely natural to feel overwhelmed or uncertain about where to start. This is where the value of a coach becomes irreplaceable.

Having a dedicated guide by your side can make all the difference—offering personalized support, tailored strategies, and the kind of understanding that comes from deep experience. Together, we can develop a plan that not only addresses your immediate concerns but also lays the foundation for long-term health and vitality.

If the idea of personalized guidance and support resonates with you, I invite you to explore the possibility of working together. Our coaching program is designed to meet you where you are, helping you navigate the complexities of peri-menopause with confidence and ease.

Ready to take the next step toward your wellness?

Fill this form to **apply for coaching** - <http://bit.ly/the8thelement>

Let's connect and embark on this journey together.

With warmth and support,

*Srividya Gowri*



# **INTERESTED TO WORK WITH ME?**

**If you would like to change your lifestyle in a sustainable way and you absolutely love my approach, please reach out to me.**

**I am enrolling women for my 1:1 Coaching as well as Group Program.**

**All my programs are personalized and customized to your lifestyle, choices & preferences.**

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