

# *Hormone Balance*

## **Food List**

**Dietitian Reviewed**

# Food List

## **HEALTHY FATS (Hormone Building Blocks)**

Hormones are made from fat—don't skip these!

- Avocado
- Extra virgin olive oil
- Nuts (almonds, walnuts)
- Seeds (chia, flax, pumpkin)
- Fatty fish (salmon, sardines)

## **PROTEIN (Blood Sugar Balance = Hormone Balance)**

Supports metabolism, mood, and cravings

- Eggs
- Chicken, turkey
- Grass-fed beef
- Greek yogurt, cottage cheese
- Tofu, tempeh
- Lentils, chickpeas

## **FIBER-RICH FOODS (Estrogen Detox + Gut Health)**

Helps remove excess hormones

- Broccoli, cauliflower, Brussels sprouts
- Leafy greens (spinach, kale)
- Berries
- Apples, pears
- Oats, quinoa, brown rice

## **MAGNESIUM-RICH FOODS (Stress + Sleep Support)**

Key for cortisol regulation

- Dark chocolate (70%+)
- Pumpkin seeds
- Spinach
- Black beans
- Avocado

## **IRON-RICH FOODS (Energy + Cycle Support)**

Especially important for menstruating women

- Red meat
- Spinach
- Lentils
- Tofu
- Pumpkin seeds

Pair with vitamin C (like citrus or peppers) for better absorption

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## **OMEGA-3 FOODS (Anti-Inflammatory Hormone Support)**

Reduce inflammation + support mood

- Salmon
- Chia seeds
- Flaxseeds
- Walnuts

## **COMPLEX CARBS (Stable Energy + Thyroid Support)**

Balance blood sugar and reduce cravings

- Sweet potatoes
- Oats
- Quinoa
- Brown rice
- Whole grain bread

## **HORMONE-SUPPORTING NUTRIENTS**

Zinc (for hormones + skin)

- Pumpkin seeds, beef, chickpeas

Vitamin D (hormone regulation)

- Fatty fish, egg yolks, sunlight

B Vitamins (energy + metabolism)

- Whole grains, eggs, leafy greens

## **FOODS TO LIMIT**

These can disrupt hormone balance when overconsumed:

- Added sugars
- Ultra-processed foods
- Trans fats
- Excess alcohol
- High caffeine (especially if stressed)

## **QUICK TIPS**

Eat protein within 1 hour of waking

Build every meal: protein + fat + fiber

Don't skip meals (protect your hormones!)

Hydrate (half your body weight in oz)

Consistency > perfection