

Hormone Balancing Foods – Ten Groups

1. HIGH FIBRE FOODS


Fibre is a powerhouse for normalising hormonal fluctuations and eliminating toxins from your body. It's essential for gut health, which directly impacts hormone balance.


There are two types of fibre:


Soluble Fibre: Forms a gel in your digestive tract, helping food pass through smoothly.


Insoluble fibre: Helps remove toxins and keep your digestive system clean.


Incorporating high-fibre foods into your diet can make a world of difference. Here are some of the best high-fibre foods to include:


 **Leafy Green Vegetables:** Spinach, kale, and swiss chard are not only high in fibre but also packed with essential vitamins and minerals.


 **Avocados:** These creamy delights are loaded with fibre and healthy fats, making them perfect for hormone balance.


 **Almonds:** A handful of almonds can boost your fibre intake while providing a good source of protein and healthy fats.

 **Figs and Kiwis:** These delicious fruits are high in both soluble and insoluble fibre, which promotes a healthy digestive system.

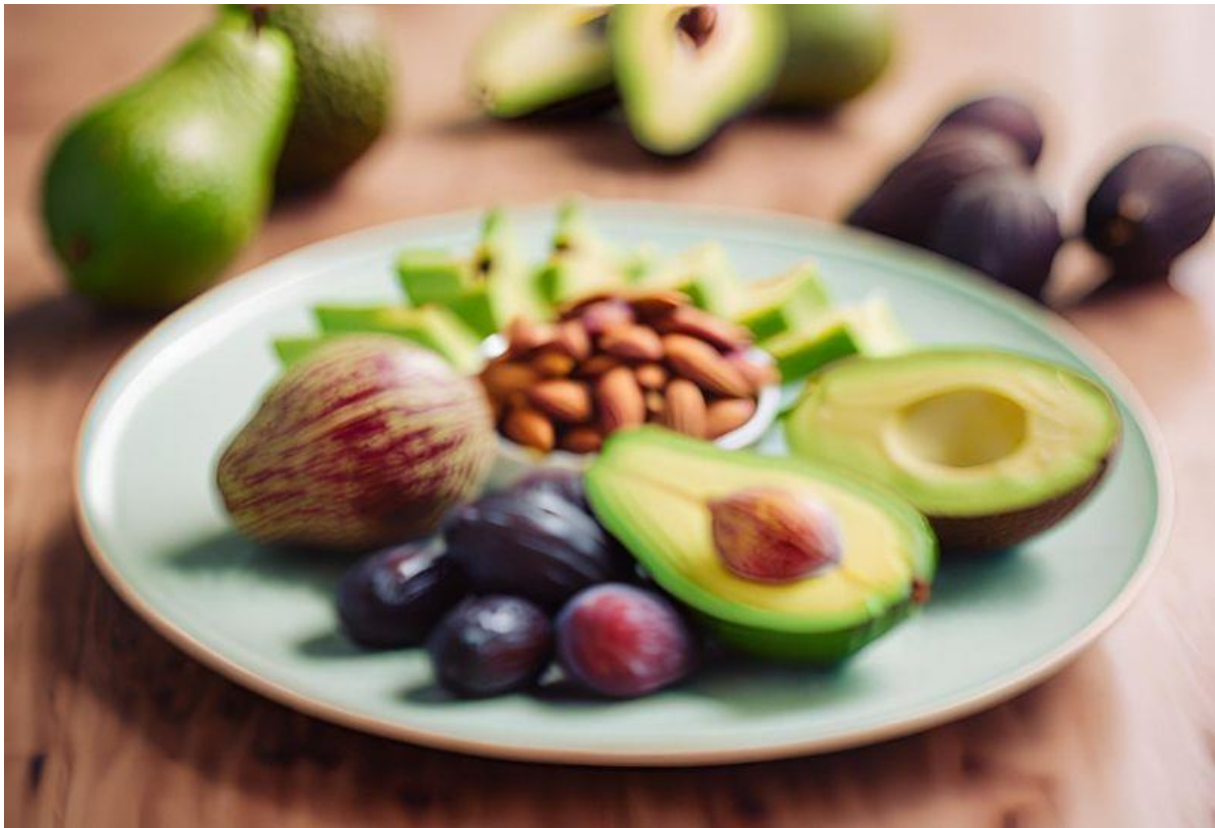
 **Pears:** A single pear packs a punch with its high fibre content, helping you stay full and satisfied.

 **High-Fibre Grains:** Oats, buckwheat, and quinoa are excellent sources of fibre and can be easily incorporated into your meals.

 **Flaxseed:** These tiny seeds are a fantastic source of soluble fibre and can be sprinkled on almost anything!

 **Beans and Legumes:** Lentils, chickpeas, and black beans are fibre-rich and great for hormone balance.

By incorporating these fibre-rich foods into your daily diet, you're not only supporting your digestive health but also helping your hormones stay in check.



2. ADAPTOGENIC AND PHYTOESTROGENIC FOODS. These powerful plants help our bodies cope with the stress of menopause, improve energy and sleep, and reduce inflammation.

Adaptogens are nature's stress-busters, helping your body adapt to physical and mental stress. They work by stabilising the body's stress response and supporting adrenal function, which is crucial during menopause. Phytoestrogenic foods are plant-based sources of estrogens that mimic the body's own estrogen. They support your immune and nervous systems through the endocrine system and can help balance hormone levels naturally.

Here are some of the best adaptogenic and phytoestrogenic foods to include in your diet:

🌿 **Korean Ginseng:** This ancient herb is known for boosting energy, improving mood, and enhancing mental clarity. It's also been shown to help reduce hot flashes and improve overall menopausal symptoms.

🌿 **Holy Basil (Tulsi):** Revered in Ayurvedic medicine, holy basil helps reduce stress and inflammation. It supports adrenal health and promotes restful sleep, making it ideal for combating menopausal fatigue.

🌿 **Red Maca:** This Peruvian root is fantastic for balancing hormones, boosting energy, and improving mood. It's rich in essential nutrients like vitamins B, C, and E, calcium, zinc, iron, and magnesium, all of which support hormonal health.


🌿 **Seeds:** Pumpkin, sunflower, flax, hemp, and sesame seeds are all rich in phytoestrogens and healthy fats. These seeds support hormonal balance and provide essential omega-3 fatty acids, which are anti-inflammatory and beneficial for heart health.


Incorporating these adaptogenic and phytoestrogenic foods into your diet can help you manage the symptoms of menopause more effectively and maintain your overall health. Add them to smoothies, salads, or your favourite dishes for a nutritious boost.





3. DIGESTION-ENHANCING FOODS. Menopause can bring about hormonal changes that affect our gut microbiome, leading to digestive issues. Including these foods in your diet can help your body produce good bacteria, making it easier to digest food, absorb nutrients, and maintain a healthy weight.


Here are some top digestion-enhancing foods to add to your meals:


 **Kefir:** This fermented dairy product is packed with probiotics, which are essential for a healthy gut. It helps improve digestion, boost immunity, and reduce bloating.

 **Yoghurt:** Rich in probiotics, yoghurt supports gut health by increasing the good bacteria in your digestive system. Opt for plain, unsweetened yoghurt for the best benefits.

 **Kiwi:** This tropical fruit contains a unique enzyme called actinidin, which aids in digestion by breaking down proteins. It's also high in fibre, promoting regular bowel movements.

 **Fennel:** Fennel seeds and bulbs are known for their digestive benefits. They help relax the gastrointestinal muscles, reduce bloating, and improve overall digestion.

 **Broccoli:** This cruciferous vegetable is high in fibre and contains sulforaphane, which supports liver detoxification and gut health. It also helps maintain a healthy balance of gut bacteria.

 **Asparagus:** Asparagus is a prebiotic food that feeds the good bacteria in your gut. It's also rich in fibre and antioxidants, promoting a healthy digestive system.

🍓 **Berries:** Blueberries, strawberries, and raspberries are loaded with fibre and antioxidants. They help promote a healthy gut microbiome and improve overall digestion.

🌻 **Seeds:** Pumpkin, chia, flax, and sunflower seeds are excellent sources of fibre and healthy fats. They support digestive health by promoting regular bowel movements and reducing inflammation.

Incorporating these digestion-enhancing foods into your diet can help you manage the digestive issues that often come with menopause. They'll aid in nutrient absorption and help you maintain a healthy weight without feeling bloated.



4. SLOW-RELEASE CARBOHYDRATES. These carbs are high in fibre, slow-digesting starch, and resistant starch, meaning they keep you satisfied for longer and help maintain stable blood sugar levels, preventing cravings.

Eating slow-release carbs during the day rather than at night can help you maintain a healthy weight and manage menopausal symptoms. Cooking and cooling these carbs increase their levels of resistant starch, making them even healthier.

Here are some of the best slow-release carbs to include in your diet:

🌾 **Steel-Cut Oats (also known as Irish Oats):** These oats are less processed than rolled oats and have a lower glycemic index. They release energy slowly, keeping you full and energised throughout the morning.

🌱 **Beans and Legumes (especially chickpeas):** High in fibre and protein, beans and legumes help stabilise blood sugar levels and keep you satisfied. Chickpeas are particularly good as they can be used in a variety of dishes, from salads to hummus.

🍠 **Dry Roasted Sweet Potato:** Sweet potatoes are packed with fibre and essential vitamins. Dry roasting them enhances their flavour and makes them a delicious, slow-digesting carb option.

🌾 **Buckwheat:** This gluten-free grain is high in fibre and resistant starch. It helps stabilise blood sugar levels and is great in salads, porridge, or a side dish.

🍚 **Parboiled Brown or Wild Rice:** Parboiling increases the resistant starch content of rice, making it a healthier option. Brown and wild rice are also high in fibre and provide a steady release of energy.

Incorporating these slow-release carbohydrates into your daily meals can help manage your weight and reduce menopausal symptoms. Remember, timing is key, so enjoy these carbs earlier in the day for the best benefits.





5. EASILY DIGESTIBLE PROTEINS. As our bodies change during perimenopause and menopause, we don't break down and absorb protein as efficiently as before. This can affect our hormones, energy levels, and muscle tone. Increasing protein intake is crucial, and plant-based proteins help reduce health risks. However, plants usually lack one or two essential amino acids, so vegans and vegetarians should consume a variety of vegetables, fruits, and grains.


Here are some of the best easily digestible proteins to include in your diet:


🥩 **Lean Venison and Beef:** These meats are high in protein and low in fat, making them a great source of essential amino acids. Opt for lean cuts to reduce saturated fat intake.


🍗 **Chicken without Skin:** Chicken is a versatile and easily digestible protein. Removing the skin reduces fat content, making it a healthier choice.


 **Fish:** Rich in omega-3 fatty acids, fish like salmon, mackerel, and sardines support heart health and provide high-quality protein. Aim to include fish in your diet at least twice a week.


 **Eggs:** Eggs are a complete protein source, meaning they contain all essential amino acids. They're also easy to digest and can be prepared in various ways to keep meals interesting.


 **Nuts:** Nuts like almonds, walnuts, and cashews are great sources of protein and healthy fats. They make perfect snacks and can be added to salads or yoghurt.

 **Seeds:** Chia, flaxseeds, and hemp seeds are excellent plant-based protein sources. They're also rich in fibre and omega-3 fatty acids.

 **Beans and Legumes:** Beans, lentils, and chickpeas are high in protein and fibre. They're versatile and can be used in soups, salads, and stews.

 **Peas:** Peas are a good source of plant-based protein and fibre. They can be added to various dishes or enjoyed as a side.

 **Brown or Wild Rice:** These grains provide protein and fibre, making them a nutritious base for many meals. Pair them with other protein sources to create balanced dishes.


 **Oats:** Oats are a great source of protein and soluble fibre. They make a hearty breakfast that keeps you full and energised.


Incorporating these easily digestible proteins into your diet can help manage menopausal symptoms, support muscle tone, and boost energy levels. Remember to mix and match different protein sources for a balanced and nutritious diet.





6. ANTI-INFLAMMATORY FOODS. During menopause, estrogen levels decrease, leading to increased inflammation. This inflammation can cause weight gain around the waist, further worsening inflammation. Incorporating anti-inflammatory foods into your diet can help manage these changes and support overall health.


Here are some of the best anti-inflammatory foods to include in your diet:


 **Salmon:** Rich in omega-3 fatty acids, salmon helps reduce inflammation and supports heart health. Aim to include fatty fish like salmon in your diet at least twice a week.


 **Seeds:** Chia seeds, flaxseeds, and hemp seeds are excellent sources of omega-3 fatty acids and fibre. They help reduce inflammation and can be easily added to smoothies, yoghurt, or salads.

 **Berries:** Blueberries, strawberries, and raspberries are packed with antioxidants and vitamins. They help combat inflammation and are delicious in smoothies, oatmeal, or as a snack.

 **Leafy Green Vegetables:** Spinach, kale, and Swiss chard are rich in vitamins, minerals, and antioxidants. They help fight inflammation and support overall health. Add them to salads or smoothies, or sauté them as a side dish.

 **Extra Virgin Olive Oil:** This healthy fat is high in antioxidants and has powerful anti-inflammatory properties. Use it as a dressing for salads or a base for cooking.

 **Avocado:** Avocados are rich in healthy fats, fibre, and antioxidants. They help reduce inflammation and can be added to salads and smoothies or enjoyed as a spread on toast.

 **Sweet Potato:** Sweet potatoes are high in fibre, vitamins, and antioxidants. They help fight inflammation and can be baked, roasted, or mashed as a nutritious side dish.

Incorporating these anti-inflammatory foods into your diet can make a significant difference in managing menopausal symptoms, reducing inflammation, and supporting overall health. With these changes, there's hope for a healthier, more comfortable menopause journey. Remember to mix and match different foods for a balanced and nutritious diet.



7. HIGH-QUALITY GOOD FATS. These fats are crucial for our hormones and brain health. Including them in your diet will help you feel more satisfied after meals and reduce cravings, which is especially important during menopause.

Here are some of the best high-quality good fats to include in your diet:

🐟 Seafood (Salmon): Rich in omega-3 fatty acids, salmon supports brain health and hormone balance. Including fatty fish in your diet at least twice a week can have significant benefits.

🌱 Seeds and Nuts: Chia seeds, flaxseeds, hemp seeds, almonds, and walnuts are excellent sources of healthy fats. They help reduce inflammation and can be added to smoothies, salads, or eaten as snacks.

🥑 Olives: Olives are rich in monounsaturated fats and antioxidants, which help support heart health and reduce inflammation. Enjoy them in salads, as a snack, or as part of Mediterranean dishes.

🫒 Extra Virgin Olive Oil: This healthy fat is high in antioxidants and has powerful anti-inflammatory properties. Use it as a dressing for salads, a base for cooking, or drizzle it over cooked vegetables.

🫘 Beans: Beans are a great source of protein and contain healthy fats that support hormone balance. They can be added to salads, soups, stews, or used as a side dish.

🌿 **Flax and Hemp Oil:** These oils are rich in omega-3 fatty acids and can be used in salad dressings, smoothies, or drizzled over vegetables. They support hormone balance and overall health.

Incorporating these high-quality good fats into your diet can help manage menopausal symptoms, support brain health, and keep you feeling satisfied after meals. Remember, it's all about balance and variety to maintain optimal health.



8. DARK LEAFY AND CRUCIFEROUS VEGGIES



These vegetables are powerhouses for maintaining a healthy hormonal balance, helping the liver break down and eliminate toxins, and promoting overall health.

Here are some of the best dark leafy and cruciferous veggies to include in your diet:

🥦 **Broccoli:** This cruciferous veggie is rich in fibre, vitamins, and minerals. It helps detoxify the liver, supports hormonal balance, and promotes a healthy metabolism. Enjoy it steamed, roasted, or added to soups and salads.

🌿 **Spinach:** Packed with iron, magnesium, and antioxidants, spinach helps reduce inflammation and supports overall health. Add it to smoothies, salads, or sauté it as a side dish.

🥬 **Brussels Sprouts:** These mini cabbages are high in fibre and antioxidants, which help with digestion and reduce inflammation. Roast them with a drizzle of olive oil for a delicious, healthy side.

🥦 **Bok Choi:** This Asian green is rich in vitamins A, C, and K, as well as antioxidants. It supports liver function and hormonal balance. Add it to stir-fries, soups, or enjoy it steamed.

Incorporating these dark, leafy, and cruciferous veggies into your diet can help maintain a healthy metabolism, promote weight loss, and support hormonal balance. They're versatile and can be added to many dishes, making them an easy addition to your daily meals.

Stay tuned for more tips on hormone-balancing foods!

9. SEEDS



Often considered the heart of a plant, seeds are packed with essential nutrients that support hormonal health and overall well-being.

Here are some of the top seeds to include in your diet:

🌰 **Flax Seeds (Linseeds):** Rich in omega-3 fatty acids and lignans, flax seeds support hormone balance and cardiovascular health. Add them to smoothies, and yoghurt, or sprinkle over salads.

🌿 **Hemp Seeds:** High in protein and omega-3 fatty acids, hemp seeds support muscle repair and hormone production. Blend them into smoothies, sprinkle them on cereal, or use them in baking recipes.

🌻 **Sunflower Seeds:** These seeds are rich in vitamin E, selenium, and healthy fats, which support skin health and hormonal balance. Enjoy them as a snack, sprinkle them over salads, or blend them into homemade granola.

🌱 **Chia Seeds:** Loaded with fibre, omega-3 fatty acids, and antioxidants, chia seeds promote digestive health and hormone balance. Mix them into puddings and yogurt or add them to baked goods.

🌱 **Sesame Seeds:** Sesame seeds are high in zinc and support immune function and hormone production. Sprinkle them on stir-fries, salads, or use in homemade tahini.

Including a variety of seeds in your diet provides essential nutrients like vitamins, minerals, amino acids, and phytonutrients crucial for hormonal health. They help support a healthy balance between estrogen and progesterone, making them a valuable addition to your daily meals.

10. NUTS



Nuts are not only delicious but also packed with essential nutrients that support hormonal health and overall well-being.

Here are some of the top nuts to include in your diet:

🌰 Almonds: Rich in vitamin E, magnesium, and fibre, almonds support cardiovascular health and hormone balance. Enjoy them as a snack, add them to salads, or use almond butter in smoothies.

🌰 Cashews: High in zinc, cashews support immune function and hormone production. They're also creamy and versatile, perfect for snacking or adding to stir-fries and curries.

🌰 Walnuts: Rich in omega-3 fatty acids and antioxidants, walnuts support brain health and hormone balance. Sprinkle them over oatmeal, yoghurt, or salads for a crunchy, nutritious boost.

Nuts offer similar benefits to seeds, including essential nutrients like vitamins, minerals, amino acids, and phytonutrients crucial for hormonal health. They're also great for satisfying hunger and curbing cravings, making them an ideal snack between meals.