

Diet for Hormonal Imbalance in Women

	Menstrual Phase	Follicular Phase	Ovulatory Phase	Luteal Phase
Grains	Buckwheat (kasha) Wild rice	Barley Oat	Amaranth Quinoa	Brown rice Millet
Vegetables	Beet Burdock Dulse Hijiki Kale Kelp Kombu Mushroom: -button -shitake Wakame Water Chestnut	Artichoke Broccoli Carrot Lettuce: -bibb -boston -romaine Parsley Pea: green Rhubarb String bean Zucchini	Asparagus Bell pepper: red Brussels sprout Chard Chicory Chive Dandelion Eggplant Endive Escarole Okra Scallion Spinach Tomato	Cabbage Cauliflower Celery Collard Cucumber Daikon Garlic Ginger Leek Mustard green Onion Parsnip Pumpkin Radish Squash Sweet potato Watercress
Fruits	Blackberry Blueberry Concord grape Cranberry Watermelon	Avocado Lemon Lime Orange Plum Pomegranate Sour Cherry	Apricot Cantaloupe Coconut Fig Guava Persimmon Raspberry Strawberry	Apple Date Peach Pear Rasin
Legumes	Adzuki Black soybean Kidney	Black-eyed pea Green lentil Lima Bean Mung bean Split pea	Red lentil	Chickpea Navy beans
Nuts & Seeds	Chestnut Pumpkin Flax	Brazil nut Cashew Lychee Pumpkin Flax	Almond Pecan Pistachio Sesame Sunflower	Hickory Pine nut Walnut Sesame Sunflower
Meat	Duck Pork	Chicken Eggs	Lamb	Beef Turkey
Seafood	Catfish Clam Crab Lobster Mussel Octopus Oyster Sardine Scallop Squid	Fresh-water clam Soft-shell crab Trout	Salmon Shrimp Tuna	Cod Flounder Halibut
Other	Bancha tea Miso Sea salt Liquid Aminos™	Nut butter Olives Pickles Sauerkraut Vinegar	Turmeric	Mint Peppermint Spirulina

