

Healthy Hormone Diet and Lifestyle Tips



	Choose at least one from each group daily
Herbs and spices	Ginger, rosemary, turmeric, coriander, dill, fennel, parsley
Nuts and seeds	Pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews, Brazil nuts
Grains and legumes	Soy, chickpeas, quinoa, millet, bulgur, buckwheat, brown rice
Fruits	Blueberries, strawberries, oranges, grapes, avocado, banana, figs, blackberries
Meat, poultry, fish and dairy	Milk, cheese and yogurt (calcium-rich alternatives may be substituted), deep-sea fish
Vegetables	Broccoli, cauliflower, Brussels sprouts, kale, spinach, cabbage, mushrooms, celery, onion, alfalfa sprouts
Beverages	Water, green tea, dandelion tea, chamomile tea, spearmint tea (PCOS)
Lifestyle	Regular aerobic and weight bearing exercise, time out, relaxation techniques. Limit alcohol to equiv. < 1 drink daily

Use this list of foods in conjunction with the Wellness and Healthy Ageing program to provide a comprehensive dietary and lifestyle plan for healthy hormone balance.