

HORMONE-BALANCING FOODS

The foods we eat play a big role in hormone balance. Our hormones are made using amino acids from protein and fatty acids from fats. The better quality materials we use, the better quality hormones the body creates.

Variety is equally important! Every type of food has a different structure and offers a different group of micronutrients. To keep our systems balanced, we need everything in the right amounts. Too much of one micronutrient can throw off the balance of another.

Use this list as a reference guide for foods that are beneficial to your hormonal health.

Clean Protein

- Grass-fed meats (beef, lamb, buffalo, bison)
- Organic eggs
- Organic lentils and beans
- Pasture-raised chicken and turkey
- Wild-caught fish (salmon, mackerel, tuna, sardines)

Gluten-Free Grains

- Amaranth
- Buckwheat
- Quinoa
- Rice

Healthy Fats

- Animal fats from grass-fed animals
- Avocados
- Coconut oil, coconut milk, and coconut butter
- Fish oil and cod liver oil
- Grass-fed ghee or butter (unless sensitive to dairy)
- Nut and seed butters
- Nuts and seeds
- Olive oil
- Organic dairy from cows, goats, or sheep (full-fat cheese, full-fat raw milk, kefir)

Organic Fruits

- Acai
- Apples
- Apricots
- Berries
- Cantaloupe
- Cherries
- Figs
- Grapefruit
- Peaches
- Pears
- Pomegranate
- Ripe plantains

Organic Vegetables

- Beets
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Dark leafy greens
- Kale
- Pumpkin
- Squash

Resistant Starches

- Cooked and cooled white potatoes
- Green plantains or underripe bananas
- Organic oats
- Squash
- Sweet potatoes

Sea Vegetables

- Agar
- Arame
- Dulse
- Nori
- Seaweed salad
- Wakame