









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.