

Back To You Integrative Medicine

Hormone Balance Diet Checklist

Daily nutrition habits to support healthy, stable hormones

1. Prioritize Whole, Nutrient-Dense Foods

- Eat a variety of colorful vegetables every day
 - Include leafy greens (spinach, kale, arugula)
 - Choose whole fruits instead of juices
 - Add herbs and spices for antioxidants (turmeric, ginger, cinnamon)
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2. Focus on Healthy Fats

Healthy fats help support hormone production and reduce inflammation.

- Avocado
 - Extra-virgin olive oil
 - Nuts and seeds (walnuts, chia, flax, pumpkin)
 - Fatty fish (salmon, sardines, mackerel)
 - Coconut oil in moderation
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3. Choose Clean, High-Quality Proteins

Protein helps stabilize blood sugar and supports hormone synthesis.

- Organic poultry
 - Wild-caught fish
 - Grass-fed beef (in moderation)
 - Pasture-raised eggs
 - Plant proteins (lentils, beans, quinoa, tofu)
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4. Support Blood Sugar Balance

Stable blood sugar = stable hormones.

- Pair carbs with protein or healthy fats
 - Choose whole grains (quinoa, oats, brown rice)
 - Avoid skipping meals
 - Limit refined carbs and sugary snacks
 - Include fiber at every meal
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5. Eat for Gut Health

A healthy gut helps regulate estrogen, cortisol, and thyroid hormones.

- Fermented foods (sauerkraut, kimchi, kefir, yogurt)
 - High-fiber foods (berries, beans, vegetables)
 - Plenty of water
 - Limit alcohol and artificial sweeteners
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6. Reduce Inflammatory Foods

Inflammation can disrupt hormone balance.

Limit or avoid:

- Processed foods
 - Excess sugar
 - Fried foods
 - Refined vegetable oils
 - Excess caffeine
 - Alcohol
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7. Support Detoxification Pathways

Your liver plays a major role in hormone metabolism.

- Drink plenty of water
 - Eat cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
 - Add lemon to water
 - Include beets, garlic, and leafy greens
 - Avoid excessive alcohol
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8. Balance Caffeine Intake

Too much caffeine can affect cortisol and sleep.

- Limit to 1–2 cups of coffee or tea
 - Avoid caffeine after early afternoon
 - Try herbal teas (chamomile, peppermint, rooibos)
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9. Support Sleep Through Nutrition

- Avoid heavy meals late at night
 - Limit sugar and alcohol in the evening
 - Consider calming foods: tart cherry, magnesium-rich greens, herbal teas
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10. Hydrate Consistently

- Aim for at least half your body weight in ounces of water daily
 - Add electrolytes if active or sweating
 - Limit sugary drinks
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Optional Add-Ons for Hormone Support

These foods may offer additional support:

- Flaxseed for estrogen balance
 - Brazil nuts for thyroid-supportive selenium
 - Pumpkin seeds for zinc
 - Berries for antioxidants
 - Green tea for metabolism support
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Want a Personalized Nutrition Plan?

At **Back To You Integrative Medicine**, we tailor nutrition guidance to your unique hormone profile, symptoms, and wellness goals.