

Hormone-Supportive Foods Cheat Sheet



🌸 **Phytoestrogen Foods** (help mimic estrogen naturally)



Soy Products

tofu, tempeh, soy milk, edamame.

Seeds & Legumes

Flaxseeds & chia seeds → rich in lignans.

Sesame seeds

Legumes → chickpeas, lentils, kidney beans.

Fruits & Vegetables

Berries → strawberries, blueberries, raspberries

Garlic & onions

Apples, pears, plums, peaches

Beverages

Green tea



🌙 Progesterone-Supportive Foods (support natural production & balance)

Key Nutrients

- **Vitamin B6 foods** → turkey, chicken, salmon, bananas, spinach, sunflower seeds
- **Magnesium-rich foods** → dark chocolate (85%), pumpkin seeds, leafy greens, almonds
- **Zinc foods** → oysters, pumpkin seeds, chickpeas, cashews

Additional Support

- **Vitamin C foods** → citrus fruits, bell peppers, broccoli, kiwi
- **Omega-3 foods** → salmon, sardines, walnuts, flaxseeds

📖 (Progesterone can't be found directly in foods, but these nutrients support its production and balance.)



Testosterone-Supportive Foods (help maintain healthy levels)

Protein Power

Protein-rich foods → eggs, lean beef, chicken, tuna, salmon

Essential Minerals

Zinc-rich foods → oysters, beef, pumpkin seeds, beans

Healthy Fats

Healthy fats → olive oil, avocado, nuts, coconut oil

Balance & Support

Cruciferous veggies → broccoli, cauliflower, Brussels sprouts (help balance estrogen dominance)

Vitamin D foods → fortified milk, fatty fish, mushrooms, egg yolks

Pomegranate (linked to improved testosterone levels)

MENOLUX REMINDER

**Balanced Hormones =
Balanced eating**

**Focus on whole, nutrition-dense foods and variety,
not restriction.**

Let's Normalize Menopause.

EMAIL: menoluxhealthandwellness@gmail.com