

# Phytoestrogen-Rich Food Guide

## Phytoestrogens and hormonal health.

Phytoestrogens are plant-based compounds that can mimic or modulate the effects of estrogen in the body. Including phytoestrogen-rich foods in your diet can support hormonal balance, especially for estrogen regulation. Here's a guide to incorporating these foods into your daily routine.

### Recommended Daily Servings

Consume 1-2 servings of phytoestrogen-rich foods each day to support hormonal health.

#### 1. Soy Foods

Serving Size: 1 serving = 100g

- Tofu
- Soy milk (look for brands like Bonsoy)
- Edamame beans
- Miso
- Tempeh

#### 2. Flaxseeds

Serving Size: 1 tablespoon per day

- Ground flaxseeds
- Flaxseed oil

#### 3. Sesame Seeds or Tahini

Serving Size: 1-2 teaspoons per day

- Sesame seeds
- Tahini (sesame paste)

#### 4. Hummus or Chickpeas

Serving Size: 1 serving = 50-100g

- Opt for varieties made with extra virgin olive oil or homemade.
- Avoid canola or sunflower oil.

#### 5. Garlic, Fennel, Alfalfa Sprouts

Serving Size: Enjoy as part of your meals

- Fresh garlic or garlic oil
- Dried or fresh fennel
- Alfalfa sprouts

#### 6. Cruciferous Vegetables

Serving Size: 1 serving =  $\frac{1}{2}$  cup cooked, 1 cup loose leaves.

- Broccoli
- Kale
- Bok choy
- Brussels sprouts
- Cabbage
- Cauliflower
- Rocket
- Radishes
- Watercress

#### 7. Carrots

Serving Size: 1 serving =  $\frac{1}{2}$  cup chopped or cooked, or 1 medium carrot

- Chopped or cooked carrots

### Additional Tips

**Variety:** Include a variety of phytoestrogen-rich foods for optimal benefits.

**Balanced Diet:** Combine these foods with other nutrient-rich options for a well-rounded diet.

**Quality Fats:** Opt for extra virgin olive oil in your cooking and meal preparation.

**Avoid Canola/Sunflower Oil:** Read packets carefully and avoid these seed oils.

**Fresh is Best:** Whenever possible, choose fresh vegetables over processed or canned versions.

**Moderation:** While these foods are beneficial, moderation is key to maintaining a balanced diet.

By incorporating these phytoestrogen-rich foods, you can take positive steps toward supporting your hormonal health and overall well-being.