

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 = ½ cup cooked, 1 cup loose leaves.

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

7. Carrots

Serving Size: 1 serving = ½ 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.