

Nutrition for Balanced Hormones



Cholesterol ✓

- Eggs
- Shellfish
- Cheese
- Lean Meat



✓ Omega-3 Fat

- Fatty Fish
- Nuts
- Seeds
- Canola Oil



Monounsaturated ✓ Fat

- Olive Oil
- Canola Oil
- Avocados
- Nuts
- Seeds



✓ Protein

- Fish
- Poultry Breasts
- Lean Meats
- Eggs
- Beans
- Nuts
- Soy



Fiber ✓

- Fruits
- Vegetables
- Beans
- Nuts
- Seeds
- Whole Grain



✓ Phytochemicals

- Berries
- Leafy Green Vegetables
- Dark Chocolate
- Soy
- Whole Grains



Vitamin D ✓

- Eggs
- Lean Meats
- Fatty Fish
- Fortified Foods



✓ Vitamin E

- Wheat Germ
- Nuts
- Seeds
- Sunflower Oil



Selenium ✓

- Brazil Nuts
- Fatty Fish
- Lean Meats



✓ Iodine

- Iodized Salt
- Sea Vegetables