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Nourishing News – Foods to Support Hormone Balance & Health

Hormonal changes in the body is a natural part of aging. These changes may affect sleep ***patterns*** and metabolism (the way the body uses energy, builds ***muscle*** & bone, and regulates mood and weight). Although diet cannot stop hormonal changes, some foods or nutrients may help the body maintain a better ***balance***, supporting long-term health.

KEY NUTRIENTS TO SUPPORT HORMONE BALANCE



- Lean Protein: Declining estrogen & testosterone can lead to muscle loss, slowing metabolism. Protein ***repairs*** muscle & controls appetite. Strive for 20-30 grams of protein per meal. Includes fish, poultry, eggs, and tofu.



- Calcium & Vitamin D: Lower estrogen levels increase bone loss; calcium & vitamin D help ***maintain*** bone strength. Dairy, yogurt, green leafy vegetables, fortified plant-milk beverages, sardines & salmon are rich in these nutrients. Check with your physician if you should take a supplement.



- Iodine: Needed to make thyroid hormones that regulate ***energy*** & metabolism. Mild deficiencies may affect the thyroid. Seaweed, seafood, dairy products, and eggs are good sources of iodine.
- Fiber-rich Foods: ***Insulin*** sensitivity declines with age, which can impact blood sugar. Whole grains, especially legumes, slows digestion, reducing blood sugar spikes & improving insulin function. Aim for 25 grams of fiber daily.



- Fermented Foods: The gut microbiome influences estrogen in the body. Fermented foods such as yogurt, kimchi and kefir, along with whole grains & fiber-rich vegetables, support a healthy gut. Include one fermented food ***daily*** and a variety of colorful fruits, vegetables and whole grains.



- Plant-based Foods: Rich in phytonutrients, these have a mild estrogen-like ***effect*** & may support hormone balance. Includes lentils, chickpeas, soybeans and other legumes, along with whole grains and flax.



PLATING UP BALANCE & HEALTH

To help keep hormone balance, strive for a plant-rich diet with a ***variety*** of vegetables, lean protein, whole grains, fruits and healthy fats. Include fermented foods, plenty of ***fiber***, and adequate calcium/vitamin D. This aligns with the Mediterranean-Style eating pattern. To build this plate aim for:

- Half your Plate– colorful vegetables including beans or lentils.
- One-quarter– lean or plant ***protein*** such as fish, tofu, eggs or chicken. Bake, broil, or sauté.
- One-quarter– whole grains including brown rice, quinoa or barley with herbs.
- GARNISH– a drizzle of olive oil
- Dessert or Snack– Greek yogurt with berries, topped with chopped nuts.

JUST EAT REAL FOOD

AVOID HORMONE DISRUPTORS

- Excess alcohol
- Low fiber diet
- Ultra-processed foods with excess sugar, saturated & trans fats

These can ***promote*** inflammation & insulin resistance.

WORD SEARCH

Find the ***bold italic*** words

S	Y	I	P	Z	R	Z	S	E	F	Y	T
N	J	L	Z	R	O	E	N	N	T	Y	C
R	M	P	I	T	O	E	P	E	G	B	E
E	A	R	S	A	R	T	I	A	E	J	F
T	I	O	I	G	D	R	E	L	I	H	F
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A	T	O	A	V	E	L	S	B	N	C	S
P	A	T	F	L	N	I	L	U	S	N	I
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