

Estrogen-Balancing Food Guide



Simple • Practical • Food-First Support for Women 40+

This guide is designed to help women navigate perimenopause and menopause using nutrition as a foundation. The goal: nourish your body so estrogen can function and metabolize smoothly—no hormone forcing, just real support.

Daily Estrogen-Supporting Foods

- **Phytoestrogen Foods:**
 - Ground flaxseed
 - Tofu & tempeh
 - Chickpeas & lentils
- **Cruciferous Vegetables:**
 - Broccoli, kale, Brussels sprouts, cauliflower

These foods gently support estrogen receptors and help your liver process estrogen into protective forms.

Healthy Fats & Protein Matter

- **Healthy fats:** olive oil, avocado, walnuts, fatty fish
- **Protein sources:** eggs, fish, Greek yogurt, tofu, beans

Hormones are made from cholesterol and amino acids. Very low-fat or low-protein diets can worsen symptoms like poor sleep, bone discomfort, and fatigue.

Foods to Limit (Not Eliminate)

- Alcohol (especially at night)
- Refined sugar and sweets
- Highly processed foods
- Excess caffeine

Your Simple Daily Formula

Fiber + Protein + Healthy Fat + Vegetables = Hormone Balance

Consistency matters more than perfection. Supporting estrogen through food can improve sleep, bone health, energy, and overall well-being over time.

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