

# PERIMENOPAUSE NUTRITIONAL CHEAT SHEET

**SUPPORT YOUR BODY NATURALLY WITH THESE HORMONE-BALANCING FOODS!**

THE RIGHT FOODS CAN REDUCE HOT FLASHES, IMPROVE MOOD, SUPPORT SLEEP, AND BOOST ENERGY. USE THIS CHEAT SHEET TO MAKE SIMPLE, EFFECTIVE CHANGES TO YOUR DIET.

## MAGNESIUM

BENEFITS: IMPROVES SLEEP, REDUCES STRESS

FOOD SOURCES: LEAFY GREENS, NUTS, SEEDS, DARK CHOCOLATE



## VITAMIN B6

BENEFITS: BALANCES MOOD AND SUPPORTS HORMONE PRODUCTION

FOOD SOURCES: CHICKPEAS, BANANAS, POULTRY, SUNFLOWER SEEDS



## OMEGA-3 FATTY ACIDS

BENEFITS: REDUCES INFLAMMATION, SUPPORTS MOOD

FOOD SOURCES: SALMON, WALNUTS, FLAXSEEDS, CHIA SEEDS



## FIBER

BENEFITS: SUPPORTS ESTROGEN METABOLISM, GUT HEALTH

FOOD SOURCES: LENTILS, APPLES, BROCCOLI, OATS



## PHYTOESTROGENS

BENEFITS: MIMICS ESTROGEN TO EASE SYMPTOMS

FOOD SOURCES: SOY, FLAXSEEDS, TEMPEH, SESAME SEEDS



## FOODS TO AVOID OR LIMIT

SUGAR: SPIKES BLOOD SUGAR AND INCREASES STRESS ON ADRENAL GLANDS.

PROCESSED FOODS: HIGH IN TRANS FATS AND PRESERVATIVES, WHICH CAN WORSEN INFLAMMATION.

ALCOHOL: DISRUPTS SLEEP AND CONTRIBUTES TO HOT FLASHES

CAFFEINE: CAN WORSEN ANXIETY AND HOT FLASHES IN SOME WOMEN.

# HORMONE-BALANCING MEAL IDEAS

## BREAKFAST



HORMONE-BOOSTING SMOOTHIE: BLEND SPINACH, ALMOND MILK, FLAXSEEDS, FROZEN BERRIES, AND A SCOOP OF PROTEIN POWDER.

## LUNCH

SALMON SALAD: GREENS, GRILLED SALMON, AVOCADO, WALNUTS, AND OLIVE OIL & LEMON DRESSING.



## SNACK

HANDFUL OF MIXED NUTS AND A PIECE OF DARK CHOCOLATE (70% OR HIGHER).



## DINNER

STIR-FRY: TOFU OR CHICKEN, BROCCOLI, BELL PEPPERS, AND SESAME OIL OVER QUINOA.



## QUICK TIPS FOR SUCCESS

- STAY HYDRATED! AIM FOR AT LEAST 8 CUPS OF WATER DAILY.
- COOK WITH HORMONE-SUPPORTING HERBS LIKE TURMERIC AND GINGER.
- PLAN MEALS AHEAD TO AVOID REACHING FOR PROCESSED SNACKS.