

## Foods for Hormonal Imbalance: 50+ Superfoods [Best & Worst]

*Food recommendations from the UK's top Doctors, nutritionists, hormone specialists etc...*

Hormonal Imbalance! A heavy dose term, often associated with raging teenagers and menopausal women; is apparently more widespread than most of us believe it to be.

It is age and gender proof. Which means, it can occur in men as well; though it is believed to be a women's thing mostly, it clearly isn't!

Both men and women can experience it, at different stages of their life. In fact, hormonal changes occur in everyone from birth to death, giving room to hormonal imbalance.

So, what exactly is hormonal imbalance?

Hormonal Imbalance is a condition in which levels and production of certain hormones is disrupted, in proportion to other hormones, in the endocrine system.

The endocrine system of our body regulates our body's functioning, affecting our metabolism, heart rate, energy, appetite, sex drive, sleep, growth, development, reproduction, etc.

Hence, hormonal imbalance, depending on the severity, can bring out the worst in you, affecting your everyday life.

It is said that as many as 80% of women suffer from hormonal imbalance at least once in their lives; and though there's not much discussed about it, a lot of men are also affected by this menace.

Which brings us to the inevitable question, are you suffering from hormonal imbalance?

How do you know you are suffering from hormonal imbalance? What are the symptoms? And, if you are, what are the major factors contributing to it? Is there a way around it? How to fix it naturally? What to eat and what not to eat? etc.

To answer all of the above questions, we will discuss about-

1. Major Factors Contributing to Hormone Imbalances
2. This Is What Happens When You Suffer from Hormonal Imbalances
3. Balance Your Most Important Hormones Naturally
4. Superfoods that Manage Your Hormonal Imbalance
5. The Worst Foods for Your Hormone Health
6. Lifestyle Tips for Healthy Hormones
7. Bringing it All Together: The Action Plan

### **Major Factors Contributing to Hormone Imbalances**

Having stated how common hormonal imbalance is, what are the factors contributing to it? Why is hormonal imbalance more common now than ever?

The most apparent answer is Lifestyle! The modern-lifestyle, which we are so proud of.

A lifestyle of junk food, caffeine, alcohol, nicotine. A lifestyle of stress. And of course, a sedentary lifestyle.

Hence, the major factors contributing to hormonal imbalance in men and women are-

- Food- Inflammatory foods, Saturated Fats, Caffeine, Nicotine, Alcohol, supplements with artificial hormones etc. are certain foods which can induce hormonal imbalance by creating a disequilibrium in the human body. So, the next time you want that 5<sup>th</sup> cup of coffee, think again!
- Lack of Exercise- Well! You have heard it way too many times already, however, I'll go out and say it again- We as a community do not exercise enough. In fact, [around 20 million adults in UK are physically inactive](#). And being physically inactive can make your hormones go haywire.
- Mental Stress- Excessive mental stress can hamper the functioning of the body, creating havoc on your hormones. In fact, prolonged stress can affect bones, muscles, energy, appetite and immunity, putting you at the risk of auto immune diseases.
- Environment- Environmental factors like pollution and exposure to chemicals can release toxins in your body, affecting your hormonal balance.
- Health Problems- Underlying health issues like, thyroid dysfunction, blood sugar instability, Poly Cystic Ovarian Syndrome (PCOS) in women, genetic diseases, obesity; are all causes of hormonal imbalance.
- Ageing- The natural process of ageing can cause hormonal imbalance, especially in men.
- Medication- Medication like contraceptive pills, pain killers and certain antibiotics, may have adverse effect on hormonal balance, leading to hormonal imbalance in women.

### **This Is What Happens When You Suffer from Hormonal Imbalances**

Hormonal Imbalance has become so common yet so uncommon because we are oblivious to the fact that we might have a hormonal imbalance.

We confuse our health issue, which might have occurred because of hormonal imbalance with other health related issues and refuse to take medical help – ignoring hormonal imbalance issues as minor issues.

Hormone imbalance symptoms at times are not easy to spot as they can easily be confused with symptoms for other ailments.

To help you spot hormone imbalance, we have compiled a sign of hormonal imbalances (symptoms) segregated based on genders.

Here are the Hormonal Imbalance Symptoms in Females:

- Unexplained Weight Gain
- Depression and Anxiety
- Fatigue
- Mood Swings
- Insomnia
- PMS
- Low Libido
- Belly fat and loss of muscle mass

- Sweating
- Digestion Issues
- Foggy Memory

Hormonal Imbalance Symptoms in Male include the following:

- Low Sex Drive
- Erectile Dysfunction
- Infertile Sperm
- Enlarged Breasts
- Breast Milk Production
- Lack of Concentration

The above list is a starting point to look for symptoms of Hormonal imbalance.

It's not only adults who are prone to hormonal imbalance. Children too are prone to hormonal imbalance. As per, healthline *"Puberty is the time when boys and girls start producing sex hormones. Many children with delayed puberty will go on to experience normal puberty, but some have a condition called hypogonadism."* (source : <https://www.healthline.com/health/hormonal-imbalance#causes>)

To ensure, you do not have hormonal imbalance, you must know how to Balance Your Most Important Hormones Naturally.

And to do that, you should know "What are the most important hormones?"

Few of the most important hormones are:

- Dopamine : I know you are associating this hormone with "Dope" 🤪 . Well! You aren't exactly off track if you are thinking on the lines of dope. Dopamine indeed is a hormone which is associated with addiction and few other complicated processes.
- Insulin : The glucose regulatory hormone.
- Serotonin : This one is an important hormone as it affects the "mood swings" of the fairer sex.
- Growth Hormone : The hormone as the name implies contributes to the cell growth in human body.
- Prolactin : A hormone which helps with sexual satisfaction and breast milk production process (females)
- Estrogen : This one is a prominently present hormone in Women's body and is responsible for development of features/characteristics related to women body. The hormone is present in men's body too but is present in a lower qty.
- Testosterone: Testosterone is to men what Estrogen is to women. It is the sex hormone in men's body which helps them in developing the characteristics associated with men.

By now, you know what the symptoms of hormonal imbalance are, and which are the most important hormones in your body along with the functions they perform.

I am sure you would be interested now in knowing what should you do if you have an undiagnosed hormonal imbalance?

To answer your question, the first and foremost step is to look for symptoms and relate them to the hormones which might be causing the issue.

I know finding them is easier said than done.

You are not a doctor and your knowledge of health-related issues is as bad as mine.

Let me help you get an answer to the question “How do I know what hormones are causing havoc?” You can look for symptoms as a starting point and relate them to the important hormones I gave in the list above. Furthermore, females who have symptoms of menopause can conduct a test at home using a Home Test Kit.

The level of FSH in the urine using Hormone Imbalance Test can help females identify whether menopause has started or not.

All said and done. How do you manage your hormonal imbalance the “natural way”?

It is always advisable to eat healthy than go to doctor for hormonal imbalance treatment.

As they say “Prevention is better than Cure”

One of the widely suggested method to have a proper hormonal balance is to eat healthy and by eating healthy, I mean eating super foods (yes. That’s what we call them 🍌 ) which should help you manage hormonal imbalance.

### **Here is the list of 50 Superfoods that Manage your Hormonal Imbalance:**

What you eat is either you are what you eat!

#### **1. Asparagus:**

A spring vegetable packed with nutrients. The vegetable is a great source of vitamins such as vitamin A, vitamin B1, B2, B3, B5, B6, vitamin C, vitamin E and vitamin K, minerals and other essential proteins. This herbaceous plant can help in protecting against certain forms of cancer, such as bone, breast, colon, larynx and lung cancers.

*How to consume (or prepare):* Asparagus can be served hot, cold, cooked and even raw. You can also serve it as a side dish. The vegetable also goes well with soup, salads, and stir-fries.

*Precaution:* There is no side effect of eating asparagus other than a slight uncomfortable feeling (rare) such as gas and at times, you might feel a noticeable smell in your urine.

*Bonus tip:* Asparagus comes in three varieties: American and British, which is green in colour; French, which is purple; and Spanish/Dutch, which is white in colour.

*Source:* <https://www.livescience.com/45295-asparagus-health.html>

#### **2. Avocado:**

Avocado a prominent vegetable in salads offers nearly 20 vitamins and rich amount of potassium, lutein, and folate. It is a good source of Vitamin B which helps in fighting infections and disease.

*Preparation:* Avocado can be consumed in numerous ways. Before the vegetable is made ready to consume, it is stored in room temperature for 4-5 days.

As soon as the outer skin turns black or dark purple, the vegetable is all ready to be consumed.

*Precautions:* Avocado is a high calorie diet which is a red signal for all of us who are on the wrong side of the weight measure scale. Despite all its benefits, the intake of the vegetable should be measured.

Source: <https://remedybynature.com/health-benefits-of-avocados-side-effects-recipes/>

### **3. Banana:**

Banana, the instant energy booster had been a part of our diet from more than 1000 years. Today, the fruit is one of the most common and popular fruits in the world.

Did you know: More than 100 billion banana gets consumed every year out of which around 51% are eaten at breakfast time.

Banana is a rich source of vitamins and minerals such as potassium, calcium, magnesium, iron, folate, niacin, riboflavin, and B6.

Source: <https://www.healthambition.com/10-surprising-banana-benefits/>

### **4. Beans:**

Beans are considered as an affordable source of proteins, fibre, and vitamins. Beans offer a lot of health benefits such as better heart health, reduce risk of cancer, diabetes & glucose metabolism. It also prevents fatty liver and helps in controlling appetite.

Beans is a flowering plant – member of the Fabaceae family. It contains amino acids which is a chemical that combine to form protein and help building muscles.

Beans also acts as a source for good protein source, nutrient dense food, antioxidant,

*Precautions:* It is unsafe to eat raw beans as they might contains lectins, a type of protein which at time can cause food poisoning (note : lectins is known to interfere in digestion).

Source: <https://www.medicalnewstoday.com/articles/320192.php>

### **5. Berries:**

Berries is one of healthiest food among its peers. They are filled with anti-oxidants, called anthocyanins which helps in keeping our memory sharp. Berries are great source of fibre, and a nutrient important for proper digestive system.

Berries are also known to improve blood sugar and insulin response.

Berries can be served in breakfast, lunch and dinner and can be consumed with oats, salad, desserts. They are also eaten as a snack.

Source: <https://www.healthline.com/nutrition/11-reasons-to-eat-berries#section5>

## 6. Broccoli:

Broccoli is rich in dozens of nutrients. You can call it a vegetable packed with nutrients.

Broccoli helps in preventing cancer, reducing cholesterol, reducing allergic reaction and it is known to improve health & bone health.

Broccoli is also a powerful antioxidant that helps in improving your skin and eyesight.

*Best way to cook:* Boil a large pot of water with table spoon of salt. Add broccoli and cook until it is crisp-tender.

*Risk:* Broccoli is safe to eat and there are not side effects of the vegetable but at times (rare) you can expect gas or bowel irritation after consuming Broccoli.

Source: <https://www.livescience.com/45408-broccoli-nutrition.html>

## 7. Buckwheat:

Buckwheat is common in Asia countries. Buckwheat is gradually gaining popularity in US, Canada and Europe due to its many health benefits.

Buckwheat is rich in protein and fibre. It prevents heart related issues. Buckwheat is also known to prevent diabetes and improves digestive orders.

A cup of Buckwheat contains:

- a. 155 calories
- b. 6 grams of protein
- c. 1 grams of fats
- d. 5 grams of fibre
- e. 1.5 grams of sugar.

*How to prepare buckwheat:* Buckwheat is prepared like any other wheat. You must first rinse the wheat. In another bowl, you must drain a medium pot/sauce pan boil one cup of water and mix the wheat with water.

Add 1 tsp of butter, ½ tsp of salt and cover them on low heat for 18-20 minutes to perfectly cook Buckwheat.

Source: <https://draxe.com/buckwheat-nutrition/>

## 8. Cabbage:

Cabbage is a green vegetable which is incredibly rich in nutrients and very low in fat and calories.

100 grams of cabbage leaves contains only 25g calories.

Fresh cabbage is a rich source of vitamin C, vitamin B5, Vitamin B6 and vitamin B1 which are essential for body.

Cabbage is an excellent source of vitamin K which provides 63% of RDA levels.

*Risk factor:* There have been rare incidents of people suffering from bladder cancer after consuming cabbage in large amount.

Source: <https://www.nutrition-and-you.com/cabbage.html>

## 9. Cayenne:

Cayenne peppers is considered as the king of medicinal herbs. These peppers have been used for more than 1000 years and have helped treat many health related problems.

One table spoon of cayenne contains:

- a. Calories: 17
- b. Fat: 1 gram
- c. Carbs: 3 grams
- d. Fibre: 1.4 grams
- e. Protein: 0.6 grams
- f. Vitamin A: 44% of RDI
- g. Vitamin E: 8% of RDI
- h. Vitamin k: 5% of RDI

Cayenne pepper consists of ground red chili flakes which can be consumed 1-3 times a day.

Sometime over consuming of Cayenne pepper can lead to stomach irritation, sweating, flushing and runny nose.

Source: <https://www.livestrong.com/article/503525-how-to-consume-cayenne-pepper/>

## 10. Celery:

Celery is an excellent source of antioxidants, vitamins and minerals such as vitamin K, vitamin C, other nutrients such as potassium, and folate.

Celery lowers high cholesterol, inflammation, prevents ulcers and protects liver health.

Risk Factor: Celery oil and celery seeds are unsafe during pregnancy. Consuming celery in large amount can lead to miscarriage in uterus.

Source: <https://www.webmd.com/vitamins-supplements/ingredientmono-882-celery.aspx?activeingredientid=882&activeingredientname=celery>

#### **11. Chaste berry (vitex):**

Chaste berry is a part of flowering plant from Mediterranean region. It is widely cultivated in many tropical and sub-tropical regions throughout the world.

Chaste Berry is hugely beneficial to women. It helps women with menstrual health.

Risk Factor: Chaste doesn't have any major any side effects but there have been few instances in past of people feeling mild issues such as dizziness, tiredness, headache and nausea, dry mouth, and gastrointestinal problem.

Source: <https://articles.mercola.com/herbs-spices/chasteberry.aspx>

#### **12. Chia Seeds:**

Chia seeds is a popular superfood which is rich in fiber, omega-3 fat, protein, vitamins and minerals.

It contains:

- a. 137 calories
- b. 12.3 g carbs
- c. 4.4 g protein
- d. 8.6 g fats
- e. 10.6g fiber
- f. 177 mg calcium
- g. 0.1 mg copper
- h. 44.5 mg potassium

Risk factor: Chia seeds are safe for most people but sometimes it can lead to choking.

Source: <https://draxe.com/chia-seeds-benefits-side-effects/>

#### **13. Cinnamon:**

Cinnamon is a powerful spice which have been used for more than 1000 years.

According to researchers, out of 26 famous spices, cinnamon ranks 1<sup>st</sup> in terms of its protective antioxidants.

Nutrition benefits of Cinnamon:

- a. 19 calories
- b. 0g fat, sugar and protein
- c. 4g fiber
- d. 68% daily value manganese
- e. 8% daily vale calcium

Risk Factor: If applied to skin, it might cause irritation and redness.

Consuming in large amount can also be toxic, particularly for people with liver problems.

Source: <https://draxe.com/health-benefits-cinnamon/>

#### **14. Coconut Oil:**

Coconut oil comes under the category of super food because of its unique combination of fatty acids that can have a positive impact on our health.

Coconut oil includes fat loss, better brain function, and various other impressive benefits.

*Risk factor:* Coconut oil are of two types - virgin and commercial coconut oil. Virgin oil are the purest, hence it ranks higher on the benefits. But the commercial coconut oil is processed, it does have side effects. Few of which include weight gain and increase in cholesterol levels.

Source: <https://www.medicalnewstoday.com/articles/282857.php>

#### **15. Coconut Water :**

It is the clear liquid that is present inside the coconuts. It is different than coconut milk, which is grafter from the meat inside the coconut. Coconut water is commonly used as beverage and as a solution for treating dehydration. It also helps in improving blood pressure and improves your stamina.

Source: <https://www.webmd.com/vitamins-supplements/ingredientmono-1261-coconut%20water.aspx?activeingredientid=1261&activeingredientname=coconut%20water>

#### **16. Cucumber:**

Cucumber is one of the oldest cultivated crops. Cucumber is beneficial for skin, hair, digestive system, weight loss, reduces risk of cancer. It also protects gum & teeth and improves brain health.

No wonder, it is a prominent vegetable in our salads.

Side effects of cucumber: Side effects of cucumber differs from people to people. Some might suffer from allergies, itches, and swelling.

It is also known to cause toxicity and baldness.

Source: <http://www.stylecraze.com/articles/benefits-of-cucumber-for-skin-hair-and-health/#gref>

### **17. Cumin:**

Cumin is a dry seed, which is a member of parsley family. Cumin seeds are yellow-brown in colour, and are in rectangular shape. Cumin is used for spice because of its aroma and flavour.

Cumin aldehyde, cymene and terpenoids are the major volatile components of cumin seeds.

*Risk Factors:* Cumin seeds are considered to be highly safe and non-toxic. The typical dose of cumin is 300-500mg per day. Consuming more than the right qty might lead to some health issues. Researchers recently discovered that consuming cumin seeds in large amount make men less fertile and can lead to miscarriage in women.

Source: <https://draxe.com/cumin-seeds/>

### **18. Dark Chocolate:**

You must be wondering what is a high protein “chocolate” doing in our list of super foods? Dark chocolate is a part of our superfoods list because of its health benefits.

Dark chocolates protect from disease- causing free radicals. It also contributes in preventing cancer, improving heart health and helps improve overall cholesterol profile, maintains blood pressure and blood sugar aid of those who consume it in right qty.

Dark chocolates are made up of cocoa beans, due to which it has much high flavour than milk chocolates and white chocolates.

It is always advised to consume dark chocolates in small amounts. If you’re sensitive to caffeine or looking to avoid caffeine, you should stay away from Dark Chocolate as it has a large quantity of caffeine in it.

Source: <https://draxe.com/benefits-of-dark-chocolate/>

### **19. Dark leafy greens:**

Dark green leafy are ideal for weight management because they contain very low calories. They help in preventing cancer and other heart related disease.

Dark Leafy Greens are low in fats and are high in fiber, potassium, vitamins, and magnesium.

Source: <https://vegetarian-nutrition.info/green-leafy-vegetables/>

### **20. Eggs:**

Since we are preparing a list of super foods, how can we miss the omnipresent food – Eggs. Eggs are loaded with nutrients.

They contains:

- a. Vitamin A: 6% of RDA
- b. Folate: 5% of RDA
- b. Vitamin B5: 7%of RDA
- c. Vitamin B12: 9% of the RDA
- d. Vitamin B2: 15% of the RDA
- e. Phosphorus: 9% of the RDA
- f. Selenium: 22% of the RDA

Source: <https://www.healthline.com/nutrition/10-proven-health-benefits-of-eggs#section1>

## **21. Extra Virgin Olive Oil:**

Extra Virgin Olive Oli has a lot of benefits when it comes fat related problems.

It helps in fighting stress, mood swings, decrease mental fatigue, and help you manage your weight.

Researchers says, having 2 tsp of olive oil a day can reduce the risk of heart disease.

Extra virgin olive oil also acts as antioxidants.

Source: <https://californiaoliveranch.com/olive-oil-101/extra-virgin-olive-oil-health/>

## **22. Flaxseed:**

Flaxseed is known to be one of the most powerful plant foods on the earth.

Many says it helps in reducing the risk factor of heart disease, cancer, stroke, and diabetes.

Flaxseed contains all sorts of components that are required to maintain a healthy body.

Its primary components are omega-3 essential fatty acid (1,597g), fats (3 g), and fiber (1.9g).

Source: <https://www.webmd.com/diet/features/benefits-of-flaxseed#1>

## **23. Garlic:**

Garlic is popular because of its richness in compounds like Allicin, sulphur, zinc and calcium that have multiple health benefits.

Garlic has a compound called as selenium, which is beneficial for fighting cancer and has lots of vitamin E in it.

Nowadays, garlic is proclaimed as a medicinal herb because of its high effective results in preventing and treating a wide range of health condition.

Source: <http://www.stylecraze.com/articles/beauty-benefits-of-garlic/#IsGarlicGoodForYou?>

#### **24. Gelatine:**

Gelatine is a dry powder that's created from isolating and dehydrating parts of animals like skin and bone. This might not sound appetizing, but you will never come to know about the taste because of its virtually colourless and tasteless compound.

Gelatine can be used in food, medicines, and cosmetics as a gelling agent.

It is beneficial for improving health, providing protein, aiding digestive function, easing joint pain, helping control blood sugar, maintaining healthy bones, improving sleep quality, aiding weight loss.

Source: <https://www.medicalnewstoday.com/articles/319124.php>

#### **25. Ghee:**

Modern science verifies that Ghee is a source of Ayurvedic health. Ghee has lots of health benefits.

Ghee is like coconut oil, both of which are rich in nutrition.

Ghee is rich in fatty acid, which is absorbed directly by the liver and burned as energy.

Source: <https://www.care2.com/greenliving/15-amazing-benefits-of-ghee.html>

#### **26. Ginger**

Ginger is one of the most delicious spices on earth. It is loaded with nutrients and bioactive components that have powerful benefits for our body.

Ginger contains gingerol, which is a powerful source for making medicines. Ginger can help treat many forms of Nausea, especially morning sickness.

Moreover, Ginger reduces muscle pain, and soreness.

Source: <https://www.healthline.com/nutrition/11-proven-benefits-of-ginger#section2>

#### **27. Green Tea**

If you want to lose fat and get back to shape, beverages like green tea are the solution.

Green Tea is loaded with antioxidants and nutrients that have powerful effects on the body.

Green tea improves health, brain function, increases fat burning, and lower some risks of cancer.

Source: <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-green-tea#section3>

## **28. Kale**

Kale is a zero fat (high in fiber) food.

One cup of kale contains 36 calories, 5grams of fiber, and 0grams of fats.

Kale helps in preventing constipation and promote a healthy digestive system.

Despite all its benefits, consuming too much kale can be harmful for those whose kidneys are not fully functional.

If the kidneys cannot remove excess potassium from the blood, it could result in fatal.

Source: <https://www.medicalnewstoday.com/articles/270435.php>

## **29. Kiwi Fruit**

Kiwi is the fruit with the exotic taste, extraordinary shape and a rich source of nutrients is a unique super food.

Kiwi is unique because of its health benefits. Kiwi helps with digestion and managing a consistent blood pressure. It also helps protect DNA damage, boost the immunity of body and has many more benefits.

Kiwi contains a measurable number of oxalates. If someone has latex allergy, they you can expect allergy from kiwi too.

Source: <https://www.care2.com/greenliving/14-healthy-reasons-to-eat-kiwi.html>

## **30. Lentils:**

Off lately, lentils has become a popular diet because of Its low calorie content and high nutrition content. Which makes it an automatic selection to our list of superfoods.

Lentils help in maintaining lower cholesterol, heart health, digestive health, and stabilizing blood sugar.

Lentils is also a good source of protein.

Source: <https://www.mindbodygreen.com/0-5488/7-Health-Benefits-of-Lentils.html>

## **31. Liver:**

Certain animal foods like liver are known to have huge benefits because of their rich nutrient content. Liver not only provides a high dose of iron and vitamin but also contributes to a high dose of vitamin B, B12, phosphorous, and magnesium.

When we compare the overall nutrient density in Liver with other sources like spinach, carrots, or apples, liver outperforms all of them.

Source: <https://draxe.com/is-liver-good-for-you/>

### **32. Maca Root :**

Maca Root has gained popularity in recent years. It is a medical plant that mainly grows in mountains. It is highly nutritious and helps increase libido in men and women both.

The plant also increases the fertility of men.

Maca root is easy to consume and can be taken as a supplement, oatmeal, baked goods, energy bars and more.

Source: <https://www.healthline.com/nutrition/benefits-of-maca-root#section11>

### **33. Non-GMO - Organic Soy**

Soybean's has a lot of benefits. It helps in improving our body's metabolism. Soybean further helps in maintaining weight, improve digestion, promoting bone health, protecting against birth defects.

Soybean also decreases the risk of diabetes and helps in toning up the body.

Source: <https://www.organicfacts.net/health-benefits/cereal/soybeans.html>

### **34. Oat Bran :**

Oat Bran is not to be confused with Oat Meal as it contains 50% soluble fiber (something, oat Meal lacks).

Oat Bran lowers the cholesterol, and helps in digestion. It also has other compounds like protein, calcium, iron, thiamine, phosphorus, riboflavin, magnesium, and zinc.

Source: <https://www.dukandiet.com/oat-bran>

### **35. Oranges:**

Oranges are low in calories, and high in nutrients. They help in improving skin and lower the risk of many diseases.

Source: <https://www.medicalnewstoday.com/articles/272782.php>

### **36. Organic Apples**

Apple is an excellent source of energy, vitamins, antioxidants, fiber, and many other nutrients.

In addition, Organic Apples are a great source for improving skin, and hair.

Source: <https://www.healthbeckon.com/apples-benefits/>

### **37. Organic Plain Yoghurt:**

Yoghurt is a power boosting protein and bone building calcium.

It comes loaded with vitamins, and a cup of yoghurt daily can improve your stamina and workout time.

It controls the high blood pressure, and can help your smile.

Source: <https://www.sciencedaily.com/releases/2018/02/180215141722.htm>

### **38. Organic Vegetables (Broccoli, Spinach, Kale):**

Organic refers to the way agricultural products are grown and processed. Organic Vegetables are rich in nutrients and contain fewer pesticides.

They are raised without any antibiotics, growth hormones, etc.

Source: <https://www.helpguide.org/articles/healthy-eating/organic-foods.htm>

### **39. Oysters:**

Oysters are delicious and have unique nutrient & minerals present in it.

Oysters are beneficial for body as it improves body weight, boosts metabolic activity, increases tissue repair and growth, lowers cholesterol levels, reduces blood pressure and improves immunity.

Source: <https://www.organicfacts.net/health-benefits/animal-product/oysters.html>

### **40. Pears:**

Pears are a great source of fiber and nutrients. They impact the overall growth of the body as they contain a good amount of nutrients and minerals which helps body fight a lot of diseases.

Source: <http://www.stylecraze.com/articles/amazing-health-benefits-of-pears/#gref>

#### 41. Pomegranates:

Pomegranates come with nutrients which are good for optimal health. It boosts the skin health, treats several skin issues, takes care of hair. The seeds of Pomegranates are known to improve the heart health, reduce the chances of cancer and strengthen teeth.

Source: <http://www.stylecraze.com/articles/top-10-health-benefits-of-pomegranates/#gref>

#### 42. Quinoa:

Quinoa is one of the most popular food in our superfoods list.

It is gluten free, high in protein and a unique plant that contains all 9 amino acids.

It is high in fiber, magnesium, Vitamin-B, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

Source: <https://www.healthline.com/nutrition/11-proven-benefits-of-quinoa#section1>

#### 43. Spinach:

Spinach is a dark green leafy vegetable. The vegetable is slightly bitter in taste but is considered as one of the most nutritional, antioxidants and anti-cancer constituents.

Spinach contains minerals, vitamins, and phytonutrient.

Spinach is beneficial for body as it helps in weight loss, is anti-cancer, promotes eye health, bone health, and relaxes the body.

Source: <http://www.stylecraze.com/articles/benefits-of-spinach-for-skin-hair-and-health/#gref>

#### 44. Spirulina:

Spirulina is good for both body and brain. It is loaded with nutrients and gives powerful impact to your body and brain. It is an organism that grows in both fresh and salt water.

1 tsp of spirulina contains:

- ✓ **Protein:** 4 grams.
- ✓ **Vitamin B1 (Thiamin):** 11% of the RDA.
- ✓ **Vitamin B2 (Riboflavin):** 15% of the RDA.
- ✓ **Vitamin B3 (Niacin):** 4% of the RDA.
- ✓ **Copper:** 21% of the RDA.
- ✓ **Iron:** 11% of the RDA.

Source: <https://www.healthline.com/nutrition/10-proven-benefits-of-spirulina#section1>

#### **45. Super-fruits (Sweet Bell Peppers and Tomatoes):**

Super fruits are delicious and loaded with nutrients.

IF you are a gym goer, a proper diet with super fruit should be a must to your diet list.

Source: <https://www.sixpackbags.com/blog/benefits-superfruits>

#### **46. Super-nuts (Walnuts and Almonds):**

Nuts are indirectly a fruit. However, unlike fruits they aren't sweet. They are low in calories. They are packed inside a hard shell that usually needs to be cracked to release the fruit inside. Nut shells are a great source of nutrients and antioxidants.

Some of the Popular super nuts are:

- a. Almonds
- b. Brazil Nuts
- c. Cashews
- d. Hazelnuts
- e. Pecans
- f. Pine nuts
- g. Walnuts

Source: <https://www.healthline.com/nutrition/8-benefits-of-nuts#section2>

#### **47. Turmeric:**

Turmeric is the most effective and widely used nutritional supplement in the superfood chart. It contains bioactive components with powerful medicinal properties which improves various diseases like heart problems, muscle pain and cancer related issues.

Turmeric usually don't have cause any significant side effects. However, at times you can suffer from stomach pain, dizziness, and diarrhoea after consuming turmeric.

Source: <https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#section6>

#### **48. Whey Protein:**

Whey is generally a liquid part of milk that is separated during cheese production. Whey proteins are mixture of proteins with whey.

Whey protein supplements can help boost your protein and BCAA intake.

Inappropriate consumption of Whey Protein can cause some side effects such as increased bowel, thirst, cramps and tiredness.

Source: <https://www.healthline.com/nutrition/whey-protein-101#section2>

#### **49. Whole Grain Foods:**

Contrary to the popular myth about whole grain leading to bad health, Whole grains are known to help body in a positive way as It contains grains.

Some of the most common varieties are corn, rice and wheat.

Source: <https://www.healthline.com/nutrition/9-benefits-of-whole-grains>

#### **50. Wild Caught Fish:**

When it comes to best non-veg superfood, there is nothing that beats the wild caught fish.

The most common wild caught fish are salmon, sea bass, cod, tilapia, and catfish. They are low in fat and are safe to eat. They contain huge amount of nutrient and have little or no side effects.

Source: <http://thestrongmovement.com/fishy-businesswhy-you-should-be-eating-wild-caught-fish/>

All the above superfoods contribute in some way or the other in helping you have that perfect hormonal balance or healthy hormones.

Since I have introduced you to the heroes, how about I introduce you to the antagonists in the hormonal imbalance story?

#### **Here are the Worst Foods for Your Hormone Health:**

1. Sugar
2. Caffeinated beverages
3. Alcohol
4. High-fat foods
5. Spicy foods
6. Nicotine
7. Artificial Sweeteners

Avoid them or consume them in limited quantity.

#### **Lifestyle Tips for Healthy Hormones**

- Reduce Weight : You have heard it before and still, you avoid your daily walk or turn insomniac when asked to find your way to gym. Reduce that ever-growing waist line of yours and the hormones will keep themselves in check. Overweight people are more prone to hormonal imbalance than people with weight in normal range.
- Eat Balanced Diet: A diet with a right mix of vitamins, proteins and other important ingredients to help your body function correctly is what you need to have healthy hormones. To start with, you can cut down on fat.

*As per Wellness Mama “Don’t eat fats like vegetable oil, peanut oil, canola oil, soybean oil, margarine, shortening, or other chemically altered fats. Choose fats like coconut oil, real butter, olive oil (don’t heat it!) and animal fats (tallow, lard) from healthy sources instead and eat lots of high Omega-3 fish.” (source : <https://wellnessmama.com/5425/balance-hormones/>)*

- Stay away from Hot Flashes: We all have items which lead to hot flashes for us like spicy foods or warm beverages. Stay away from them to have healthy hormones.
- Get rid of unwanted hair: I know it’s a trend these days to have that overgrown beard and a bushy moustache. Unfortunately, your hormones might not take nicely to your macho look. Get rid of the unwanted facial and body hair to avoid hormonal imbalance.
- Exercise Daily or try Yoga.
- Cut down on intake of nicotine (read: cigarettes)

As per a recent survey, Heart diseases, diabetes, Polycystic ovary syndrome are few of the diseases which widely occur in women because of hormonal disorders.

Hormonal Imbalance – if left untreated can lead to small issues like hair loss, mood swings to major health related issues like breast cancer, Thyroid, etc.

A healthy life style and a balanced diet with a regular health check up is all we need to keep a check on Hormonal imbalances.

The balanced diet comes by consuming the food items mentioned in our super food list which helps you have healthy hormones.

In case, we missed a super food (we did manage to list 50 of them) in our list, do not shy away from adding a super food in the comments section.

We promise to update our list at the earliest.