Eat to Balance: The Fibroid-Friendly Plate Guide

A simple nutrition strategy to support hormonal health and improve inflammation

25%
Complex Carbs
Feed Your Liver

Incorporate high-fiber whole grains, legumes, and root vegetables like quinoa, brown rice, lentils, and sweet potatoes. Adequate fiber binds to excess estrogen in the digestive tract and supports regular elimination, helping to prevent the hormonal buildup that can stimulate fibroid growth.

25%
Proteins
Clean Proteins

Choose lean poultry, wild-caught fish, or clean plant proteins like tofu and edamame to tame inflammation, protect your energy, and nourish your body.



Healthy Fats
Hormone Balance & Support

Integrate healthy fats like extra virgin olive oil, avocados, walnuts, and flaxseeds daily. Healthy fats provide the essential building blocks for hormone production while helping to modulate the inflammatory pathways associated with pelvic pressure and heavy bleeding.

50%
Non-Starchy Vegetables
Estrogen Clearance

Fill half your plate with colorful non-starchy vegetables and cruciferous powerhouses like broccoli, cabbage, and kale. These nutrient-dense greens provide active compounds that support liver detoxification pathways, helping the body efficiently process and clear excess estrogen that can stimulate fibroid growth.

Pro Tips for Hormone Harmony

- Support Your Liver: Eat daily cruciferous veggies (broccoli, Brussels sprouts, cabbage) to help your liver safely clear excess estrogen.
- Time Your Tea & Coffee: Enjoy your coffee or black tea at least one hour away from iron-rich meals so it doesn't block mineral absorption.
- Pair Iron with Vitamin C: Boost your body's iron uptake by pairing plant-based iron with citrus, berries, or bell peppers.
- Never "Naked Carb": Always pair your starches with protein, fiber, or healthy fats to prevent blood sugar spikes that can fuel inflammation.
- Fight Inflammation with Omega-3s: Add wild-caught salmon, walnuts, or chia seeds daily to help soothe pelvic inflammation and cramping.