

best foods to optimise estrogen

These prioritise the micronutrients that are associated with optimise estrogen (cholesterol or fats) in the blood (i.e. vitamin D, choline, vitamin E, calcium, magnesium, selenium and vitamin B6).

vegetables

- spinach
- asparagus
- Chinese cabbage
- watercress
- coriander
- lettuce
- chicory greens
- endive
- broccoli
- okra
- seaweed
- chard
- arugula
- parsley
- turnip greens
- beet greens
- escarole
- collards
- zucchini
- celery
- cauliflower
- mushroom
- cabbage
- sauerkraut
- mustard greens
- radicchio
- chives
- alfalfa
- summer squash
- kale
- radishes
- Brussel sprouts
- mung beans
- red peppers
- snap beans
- banana pepper
- artichokes
- spirulina
- peas
- onions
- jalapeno peppers
- edamame

- yeast extract spread
- carrots
- red cabbage
- pickles
- cucumber
- butternut squash
- chayote
- turnips
- rhubarb
- pinto beans
- leeks
- winter squash
- pumpkin
- eggplant
- beets

spices

- basil
- sage
- thyme
- dill
- paprika
- marjoram
- mustard seed
- tarragon
- cloves

seafood

- crab
- fish roe
- halibut
- lobster
- crayfish
- molluscs
- salmon
- cod
- oysters
- shrimp
- pollock
- haddock
- octopus
- rockfish
- caviar
- flounder

- white fish
- perch
- whiting
- trout
- anchovy
- clam
- sturgeon
- sardine
- scallop
- herring
- orange roughy
- cisco
- mackerel
- tuna

offal

- liver
- kidney
- heart

animal products

- chicken breast
- sirloin steak
- veal
- pork chops
- whole egg
- ground beef
- ground pork
- pork shoulder
- chuck steak
- leg ham
- egg yolk
- lamb
- chicken drumstick
- bison
- veal loin
- roast pork
- pork loin
- turkey
- porterhouse steak
- pork ribs
- turkey
- egg white