

optimal foods for excess estrogen

These foods emphasise the nutrients associated with excess estrogen (i.e. cysteine, choline, folate, vitamin B6, vitamin D, vitamin C, vitamin K, vitamin E, vitamin A, calcium, selenium, magnesium and zinc). From a macronutrient perspective, these foods are 50% protein, 19% fat and 19% net carbohydrates with an energy density of 109 calories per 100g.

vegetables

- spinach
- watercress
- Chinese cabbage
- coriander
- chicory greens
- lettuce
- parsley
- chard
- asparagus
- broccoli
- endive
- beet greens
- seaweed (laver)
- turnip greens
- collards
- arugula
- mustard greens
- amaranth leaves
- seaweed (kelp)
- chives
- okra
- kale
- escarole
- cabbage
- cauliflower
- celery
- Brussel sprouts
- radicchio
- red peppers
- zucchini
- seaweed (wakame)
- sauerkraut
- banana pepper
- onions
- alfalfa
- white mushroom
- snap beans
- mung beans
- portabella mushrooms

- summer squash
- radishes
- carrots
- peas
- butternut squash
- jalapeno peppers
- winter squash
- artichokes
- shiitake mushroom
- pumpkin
- red cabbage
- soybeans (sprouted)
- pickles
- cucumber
- edamame
- spirulina
- rhubarb

spices

- basil
- sage
- dill (fresh)
- thyme
- paprika
- marjoram
- cloves

offal

- liver
- heart
- kidney
- brains

animal products

- chicken breast
- whole egg
- veal
- sirloin steak (lean)
- egg yolk
- ground pork
- pork chops

- chicken drumstick
- chuck steak
- ground beef
- leg ham
- turkey
- pork shoulder
- porterhouse steak

seafood

- crab
- fish roe
- halibut
- lobster
- crayfish
- salmon
- shrimp
- cod
- oysters
- pollock
- octopus
- caviar
- haddock
- rockfish
- flounder
- mussel
- white fish
- perch
- whiting
- trout
- anchovy
- sturgeon
- starfish
- clam
- sardine
- smelt
- scallop
- molluscs
- herring
- tuna
- mackerel
- welk