

Diet Tips for Women with Endometriosis

Eat This (Benefits)	Avoid This (Risks)
<ul style="list-style-type: none"> • Leafy greens (rich in antioxidants and fiber) • Broccoli (anti-inflammatory and detoxifying) • Berries (rich in antioxidants and vitamin C) • Fatty fish like salmon (high in omega-3s) • Turmeric (contains curcumin with anti-inflammatory effects) • Ginger (soothes inflammation and reduces pain) • Chia seeds (high in fiber and omega-3s) • Flaxseeds (hormone-balancing lignans) • Extra virgin olive oil (healthy fats and polyphenols) • Avocados (healthy fats and anti-inflammatory compounds) • Sweet potatoes (rich in fiber and antioxidants) • Walnuts (omega-3s and anti-inflammatory properties) • Almonds (magnesium and vitamin E) • Beets (rich in antioxidants and folate) 	<ul style="list-style-type: none"> • Processed meats (high in saturated fats and additives) • Red meat (can increase inflammation) • Fried foods (contain trans fats and increase inflammation) • Refined carbs like white bread (cause blood sugar spikes) • Sugary drinks (lead to insulin spikes and inflammation) • Dairy (may trigger flare-ups in sensitive individuals) • Margarine (contains trans fats) • High-sodium foods (cause bloating and water retention) • Artificial sweeteners (may irritate the gut) • Pastries and cakes (high in sugar and unhealthy fats) • White rice (low in nutrients and spikes blood sugar) • Canned soups (high in sodium and preservatives) • Soda and energy drinks (sugar and caffeine overload) • Ice cream (sugar and dairy combo may trigger symptoms)

<ul style="list-style-type: none"> • Garlic (natural anti-inflammatory and immune booster) • Green tea (antioxidants and hormone-balancing properties) • Lentils (fiber and plant protein) • Quinoa (gluten-free and anti-inflammatory grain) • Pumpkin seeds (zinc and anti-inflammatory fats) • Mushrooms (immune support and anti-inflammatory compounds) • Apples (fiber and natural detox aid) • Pomegranates (antioxidants and hormone support) • Cabbage (cleanses liver and reduces estrogen dominance) • Cucumbers (hydrating and cooling effect) • Pears (fiber and gut support) • Carrots (beta-carotene and hormone balance) • Tomatoes (rich in lycopene, anti-inflammatory) • Oats (fiber and gut-soothing) • Fermented foods like sauerkraut (gut health support) 	<ul style="list-style-type: none"> • Processed snacks (chips, crackers – refined oils and salt) • Alcohol (can trigger inflammation and disrupt hormones) • Fast food (contains additives and trans fats) • Gluten-containing grains (may worsen symptoms in some) • Sugary cereals (processed and low in nutrients) • Flavored yogurts (added sugars and dairy) • High-fructose corn syrup (inflammatory sweetener) • Cheese (saturated fat and potential hormonal effects) • Butter (high in saturated fat) • Processed sauces (contain sugar and additives) • Sausages and hot dogs (preservatives and processed meat) • Coffee in excess (may raise cortisol and affect hormones) • Canned fruits in syrup (sugar and additives) • Microwave meals (preservatives and sodium) • Cream-based sauces (dairy and high fat)
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<ul style="list-style-type: none"> • Zucchini (light and anti-inflammatory veggie) • Coconut oil (anti-inflammatory and supports hormones) • Bone broth (gut healing and rich in minerals) • Celery (anti-inflammatory and diuretic effect) • Papaya (digestive enzymes and anti-inflammatory) • Basil and rosemary (anti-inflammatory herbs) • Seaweed (rich in iodine and hormone support) 	<ul style="list-style-type: none"> • Non-organic produce (possible pesticide exposure) • Vegetable shortening (trans fats and processed oils) • Instant noodles (preservatives, sodium, poor nutrition) • Chocolate with high sugar (can trigger symptoms) • White pasta (refined carb with low fiber) • Flavored milks (dairy and added sugars) • BBQ sauces (high sugar and additives)
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