

Fibroids & Nutrition

Fibroids are noncancerous growths that can develop in the uterus. While the exact cause of fibroids is unknown, hormonal imbalances, genetics, and certain lifestyle factors may contribute to their development. While nutrition alone cannot prevent or cure fibroids, maintaining a healthy diet may help manage symptoms and support overall wellbeing.

1. Reduce (or ideally eliminate) alcohol

Alcohol impairs your liver's ability to metabolize or detoxify estrogen. There's a strong association between alcohol consumption and fibroids. Try to limit it to 1-2 drinks a week.

2. Maintain healthy gut bacteria

A healthy gut escorts estrogen safely out of your body. To improve gut health, increase the amount and variety of fiber in your diet, both soluble and insoluble forms. Only take antibiotics if absolutely necessary. Try to reduce exposure to environmental estrogens that may contribute to fibroid growth, choose organic produce, hormone-free meats, and dairy products whenever possible.

PROBIOTICS:



YOGURT



KEFIR



SAUERKRAUT



CHEDDAR CHEESE



KIMCHI



KOMBUCHA



TEMPEH



MISO



NATTO

PREBIOTICS:



ALMONDS



CABBAGE



BIRCH
XYLITOL



LEEKS



ONIONS



CAYENNE
PEPPER



BANANAS



SALT



DANDELION
GREENS



CHLORELLA



BURDOCK
ROOT



SEA
VEGETABLES



GARLIC



ASPARAGUS



SPROUTS



RED
CABBAGE



WHEATGRASS



JERUSALEM
ARTICHOKE



SPIRULINA



ARTICHOKE



INULIN
POWDER



APPLES



APPLE CIDER
VINEGAR



LEAFY
GREENS

3. Choose anti-inflammatory foods:

CHRONIC INFLAMMATION CAN CONTRIBUTE TO FIBROID GROWTH.

- Incorporate anti-inflammatory foods into your diet, such as fatty fish (salmon, mackerel), leafy greens, berries, turmeric, ginger, and olive oil.
- Avoid highly processed foods and foods high in added sugars that can lead to weight gain and inflammation. Minimize your intake of sugary snacks, sodas, refined grains, and processed meats.

4. Include iron-rich foods

Heavy menstrual bleeding caused by fibroids can lead to iron deficiency anemia. Consume iron-rich foods like lean red meat, poultry, fish, spinach, beans, lentils, and fortified cereals to help maintain adequate iron levels.

5. Maintain a healthy body weight

Losing just 5-10% of your body weight can help to reduce the level of estrogen that is produced by your body. Estrogen plays a role in fibroid growth and can also impact fat distribution in the body.

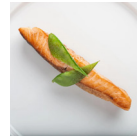
6. Avoid endocrine disrupting chemicals

Endocrine disrupting chemicals such as plastics, pesticides, Bisphenol A (BPA), phthalates, etc.) impair the body's ability to metabolize estrogen.

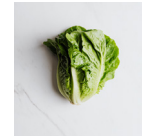
7. Consider supplements

Talk to your healthcare provider about supplements that may be beneficial for fibroid management. Some options to discuss include vitamin D, vitamin C, magnesium, and omega-3 fatty acids.

ANTI-INFLAMMATORY FOODS:



FATTY FISH



LEAFY GREENS



BERRIES



TURMERIC



GINGER



OLIVE OIL

IRON-RICH FOODS



LEAN RED MEATS



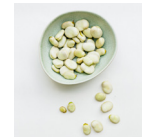
POULTRY



FISH



SPINACH



LEGUMES



FORTIFIED CEREALS

If you have fibroids and you are looking for advice for optimal nutrition for patients with this condition, we recommend that you have a consultation with a registered dietitian who specializes in women's health.

A registered dietitian can work with you to develop a customized meal plan that supports your overall health and helps manage fibroid symptoms. They can also address any specific concerns you may have and provide guidance on nutrition, supplementation, and lifestyle changes.