

Fibroid-Friendly Grocery List

Fill your cart with supportive foods that help manage fibroid symptoms, even if they don't treat the condition itself.

Iron-Rich Foods:

Helps replenish lost blood and prevent anemia from heavy periods.

- Spinach
- Kale
- Lentils
- Black beans
- Chickpeas
- Tofu
- Pumpkin seeds
- Quinoa
- Low sugar cereals

Anti-Inflammatory Fruits & Veggies:

Reduce bloating and cramping by calming inflammation.

- Blueberries
- Cherries
- Oranges
- Broccoli
- Cauliflower
- Sweet potatoes
- Beets
- Red bell peppers
- Carrots

Whole Grains:

Support hormone balance and digestion.

- Oats
- Brown rice
- Whole wheat pasta

Omega-3 Healthy Fats:

Help reduce period pain and inflammation.

- Salmon
- Walnuts
- Chia seeds
- Ground flaxseeds
- Extra virgin olive oil
- Avocados

Herbs & Tea:

Natural ways to ease cramps and balance hormones.

- Ginger root
- Turmeric
- Cinnamon
- Chamomile tea
- Dandelion root tea

Hydration Helpers:

Reduce bloating and help flush out excess estrogen.

- Coconut water
- Cucumber
- Watermelon
- Lemons (add to water)
- Herbal teas (unsweetened)