

How to Regulate Your Blood Sugar to Balance your Female Hormones

Eat Regular Meals <i>Never skip breakfast, and eat every 3.5 - 4 hours throughout the day.</i>	Eat Plenty of Vegetables <i>Aim for the colors of the rainbow in veggies each day.</i>	Add Cinnamon to Sweet Meals and Fenugreek to Savory Meals <i>These herbs help decrease blood sugar spikes when eaten with a meal.</i>	
Include Clean Protein and Healthy Fat with Each Meal	Decrease Most Complex Carbs <i>Any complex carbs should be eaten for breakfast or lunch.</i>	Eat Foods with Magnesium, B6 and Zinc <i>These nutrients regulate hormones/PMS.</i>	
Healthy fat includes: • whole fat raw grass fed organic dairy and meat • avocado • nuts • seeds • unheated oils: olive, almond, walnut, coconut and coconut oil • olives • nut butters with no sugar added. Decrease anything with: • vegetable oil • corn oil • soy oil • canola oil • safflower oil • sunflower oil	Complex carbs include: • grains • whole grains • potatoes • starch • bread • beans • rice • pasta Substitutes for complex carbs include: • sweet potato • carrot • onion • beet • butternut squash • spaghetti squash • zucchini spirals • berries	Foods rich in magnesium: • spinach • swiss chard • beet greens • squash • turnip greens • sesame seeds • sunflower seeds • cashews • almonds Foods rich in zinc: • pumpkin seeds • grass fed organic beef • spinach • asparagus • mushrooms	Foods rich in B6: • tuna • spinach • cabbage • bok choy • bell peppers • turnip greens • garlic • cauliflower • turkey • beef • chicken • salmon • banana • broccoli • brussels sprouts • collard greens • beet greens • kale • carrots • swiss chard • asparagus • mustard greens

Courtesy of [KitchenStewardship.com](https://kitchenstewardship.com) (Read the full post and tips [HERE](#)).