

5 GREAT FOODS TO MANAGE ENDOMETRIOSIS

Your body will thank you after a month!

FIBROUS FOODS

Such as fruits, vegetables, legumes, and whole grains...

IRON-RICH FOODS

Such as dark leafy greens, broccoli, beans, fortified grains, nuts, and seeds...

FOODS RICH IN ESSENTIAL FATTY ACIDS

Such as salmon, sardines, herring, trout, walnuts and flax seeds...

ANTIOXIDANT- RICH FOODS

Found in colorful fruits and vegetables, such as oranges, berries, dark chocolate, spinach, and beets...

WHICH FOODS TO AVOID:

Foods that cause your inflammation...

A diet high in trans fat. Research has found higher rates of endometriosis diagnoses among those women who consume more trans fat. Trans fat is found predominately in fried, processed, and fast foods. Learn more about why trans fats are so unhealthy.

Red meat consumption. Some research has shown an increased risk of endometriosis development with a high intake of red meat. **Gluten.** One study involving 207 women with endometriosis showed 75 percent of them had a decrease in pain after eliminating gluten from the diet. Check out this detailed beginner's guide to a gluten-free diet if you're interested in eliminating gluten.

High-FODMAP foods. One study found symptoms significantly improved in those with irritable bowel syndrome (IBS) and endometriosis who followed a low-FODMAP diet.

So, ideally no (or at least lower intake) alcohol, caffeine, gluten, red meat, saturated and trans fat.