

COMPREHENSIVE TIPS FOR MANAGING ENDOMETRIOSIS THROUGH DIET AND CARE

BY ENDO BLACK, INC.

DIET & NUTRITION

Proper dietary choices can reduce inflammation, alleviate symptoms, and improve overall well-being.

NAVIGATING NUTRITION: ESSENTIAL APPS FOR WELLNESS

MYFITNESSPAL has a large food database and can help you monitor your nutritional intake.



CHATGPT can serve as tool by offering personalized suggestions for meal planning.



Yuka provides transparent and easy-to-understand nutritional information and ratings.



Lively provides insights on your menstrual cycle and offers personalized food and exercise suggestions tailored to each phase of your cycle.



READING LABELS

When reading labels for managing endometriosis, look for foods that are low in added sugars, unhealthy fats, and artificial ingredients

Serving size
displays servings in the entire package and in each serving.

Total Sugars & added sugars
The amount of sugar that is naturally in a product and how much is added.

Vitamins & Minerals
Important to intake of key nutrients for optimal bodily functions

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	% Daily Value*
Calories 280	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

% Daily Value
Shows how much of a nutrient a food gives you in a day.
5% DV or less: Low.
20% DV or more: High.

Dietary Fiber
Crucial for digestive health and maintaining a healthy gut bacteria.

RECIPE:

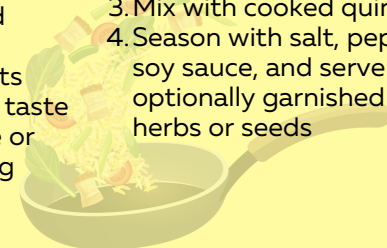
QUINOA & VEGETABLE STIR FRY

INGREDIENTS

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 tablespoon olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 cup broccoli florets
- Salt and pepper to taste
- Optional: soy sauce or tamari for seasoning

METHOD

1. Rinse quinoa, cook with water.
2. Sauté onion and garlic, add bell pepper, zucchini, and broccoli
3. Mix with cooked quinoa.
4. Season with salt, pepper, soy sauce, and serve hot, optionally garnished with herbs or seeds

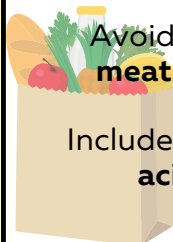


GROCERY SHOPPING

Creating a grocery list for managing endometriosis involves focusing on **anti-inflammatory foods**.

Avoid **processed foods, dairy, and red meats**, which may worsen symptoms.

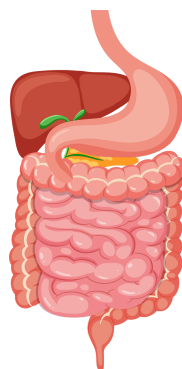
Include items rich in **fiber, omega-3 fatty acids**, to support overall health.



LISTEN TO YOUR BODY

Listening to your body is key in managing endometriosis.

Trust yourself as you notice how different foods affect your symptoms and **make choices that support your well-being**



While these tools are helpful for your endo journey, it's essential to consult health professionals for personalized advice.

Anti- Inflammatory Grocery List

Use this grocery store list as a guide during your next trip to incorporate a variety of anti-inflammatory and nourishing options, supporting overall wellness and helping to reduce inflammation

Fruit

- Blueberries
- Strawberries
- Pineapple
- Oranges
- Cherries
- Mangoes
- Kiwi
- Apples
-
-
-
-

Vegetables

- Spinach
- Kale
- Swiss chard
- Broccoli
- Cauliflower
- Brussels sprouts
- Bell peppers
- Carrots
- Sweet potatoes
- Garlic
- Onions
- Tomatoes

Proteins

- Salmon
- Chicken Breast
- Tofu
- Black Beans
- Chickpeas
- Lentils
- Turkey
- White Fish

bread & cereal:

- Whole Grain Bread
- Brown Rice
- Quinoa
- Whole grain pasta
-

Pantry Items

- Olive oil
- Almonds
- Chia Seeds
- Apple Cider Vinegar
- Pumpkin Seeds
-
-
-
-

Herbs

- Turmeric
- Garlic
- Peppermint
- Cinnamon
-

Snacks

- Air popped popcorn
- Unsweetened applesauce
- No sugar added dried fruits

what's cooking:

s Baked Salmon Quinoa and Roasted vegetables

m Mediterranean Chicken & Pasta

t Vegetable lentil soup

w Grilled chicken skewers w/ brown rice

t Turkey Chili

f Fish tacos with corn tortillas

s Quinoa and Vegetable Stir Fry

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