

Nutrition for Endometriosis



Living with endometriosis symptoms is tough. While diet alone cannot cure endometriosis, it can sometimes help in managing symptoms and improving overall health.

Here are some nutrition tips to try:



Eat plenty of **fruits and vegetables**.



Choose foods with omega-3 fats, found in fish (like salmon, trout, sardines) and some nuts and seeds (like walnuts, flax and chia seeds).



Get fiber from foods like whole grains, legumes, vegetables, and fruits.



Consider limiting red meat, caffeine, alcohol and deep fried foods if you have these often.

Pain and other symptoms can sometimes make it hard to eat nutritious foods.

- **Be gentle with yourself:** Some days might be harder than others. It's okay if you can't always eat "healthy."
- **Keep easy, nutritious foods on hand:** Stock up on nourishing snacks like nuts, fruits, yogurt, pre-made soups, or pre-cut veggies. These can be quick and easy to grab, even when you're not feeling your best.
- **Listen to your body:** If certain foods make your symptoms worse, it's okay to avoid them. Pay attention to how different foods make you feel.
- **Stay hydrated:** Drinking enough water is important for overall health and can help with digestion and managing symptoms.

Remember, everyone's body is different, so what works for one person might not work for another. Prioritize your well-being, and be kind to yourself as you navigate life with endometriosis.



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Want more information?
Email Holly at holly@timetothrive-nutrition.com

Omega-3: Fact Sheet



What are omega-3s?

"Omega-3s" or omega-3 fatty acids are a type of polyunsaturated fat (PUFA). There are 3 different types of omega-3s, which are found in different food sources.

- **ALA**, or alpha-linolenic acid, is found in plant oils like flaxseed and canola.
- **EPA and DHA**, or eicosapentaenoic acid and docosahexaenoic acid, are found in fish and seafood. This combination of EPA and DHA is often referred to as "fish oil".

What are the health benefits?

Omega-3s have been studied for their health benefits, especially fish oil from food and supplements. The benefits of fish oil include: **lower triglycerides (a type of fat found in the blood), improved brain function, and reduced symptoms from depression, rheumatoid arthritis and age-related macular degeneration.** The health benefits of ALA are less clear. It is important to consume foods rich in ALA and fish oil.

How to eat more omega-3

Many people can consume enough omega-3s through diet alone. Here's how:

- **Eat foods rich in ALA:** flaxseeds, chia seeds and walnuts.
- **Eat foods rich in fish oil:** salmon, sardines and trout.
- **Eat a variety of foods** with ALA and fish oil each week.

Refer to the food list on the next page for more food sources of omega-3s.



Do you need a supplement?

You may want to consider a fish oil supplement if your diet is low in omega-3s or if you have concerns about heart or brain health.

Always consult your medical provider before starting a new supplement.



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Omega-3: How to Eat More

Plant sources of omega-3 (ALA)

Enjoy 1 tablespoon or more of these foods each day to add ALA to your diet.



Flaxseed oil



Chia seeds



English walnuts



Flaxseeds, ground



Canola oil



Soybean oil

Animal sources of omega-3 (fish oil)

Enjoy 2 or more palm-sized servings of these foods each week to add fish oil to your diet.



Salmon, Atlantic



Herring, Atlantic



Sardines, canned



Mackerel, Atlantic



Salmon, canned



Rainbow trout



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