

## Foods for Support in Each Phase of the Cycle

Your menstrual cycle is divided into four distinct phases: the follicular phase, ovulatory phase, luteal phase and the menstrual phase. The menstrual phase is considered day 1 of your cycle and is the first day you see heavy spotting or blood. This phase generally lasts 3-7 days and is triggered by a drop in progesterone and a peak and then drop in estrogen. The follicular phase follows the menstrual phase and lasts 7-10 days. Estrogen starts to increase during this phase. In the next phase, which is the ovulatory phase, estrogen continues to increase along with a quick surge of testosterone which tends to drop right around actual ovulation. This is the shortest phase lasting only 3-4 days. The luteal phase is the longest phase lasting around 10-14 days. This phase is triggered by a rise in progesterone coupled with a continuing rise in estrogen. The drops in these hormones trigger the shedding of the uterine lining when the menstrual phase begins again. Because of the different hormonal changes in each phase, certain foods can help support these changes and lead to healthier cycles. The chart below is based off the great book by Alisa Vitti, [Woman Code](#).

	<b>Follicular Phase</b>	<b>Ovulatory Phase</b>	<b>Luteal Phase</b>	<b>Menstrual Phase</b>
<b>Grains</b> (should be soaked/sprouted for best digestion)	Steel Cut Oats	Quinoa	Brown rice	Wild rice
<b>Vegetables</b>	Artichoke Broccoli Carrot Bibb, Boston, romaine lettuce Parsley Green pea Rhubarb String bean Zucchini	Asparagus Red bell pepper Brussel sprouts Chard Chicory Chive Dandelion Eggplant Endive Escarole Okra Scallion Spinach Tomato	Cabbage Cauliflower Celery Collard greens Cucumber Daikon radish Garlic Ginger Leek Mustard green Onion Parsnip Pumpkin Radish Squash Sweet potato Watercress	Beet Burdock Dulse Hijiki Kale Kelp Kombu Button mushroom Shitake mushroom Wakame Water chesnut
<b>Fruits</b>	Avocado Grapefruit Lemon Lime Orange Plum Pomegranate	Apricot Cantaloupe Coconut Fig Guava Persimmon Raspberry	Apple Date Peach Pear Raisin	Blackberry Blueberry Concord grape Cranberry Watermelon

	Sour cherry	Strawberry		
<b>Legumes</b> (should be soaked/sprouted for best digestion)	Black eyed pea Green lentil Lima Bean	Red lentil	Chickpea	
<b>Nuts</b> (should be soaked/sprouted for best digestion)	Brazil Cashew Lychee	Almond Pecan Pistachio	Pine nut Walnut	Chestnut
<b>Meat</b>	Chicken Eggs	Lamb	Beef Turkey	Duck Pork
<b>Seafood</b>	Clam Soft shell crab Trout	Salmon Shrimp Tuna	Cod Flounder Halibut	Catfish Clam Crab Lobster Mussel Octopus Oyster Sardine Scallop Squid
<b>Other</b>	Nut butter Olives Pickles Sauerkraut Vinegar	Moderate alcohol Chocolate Coffee Ketchup Turmeric	Mint Peppermint Spirulina	Miso Salt