

# MENSTRUAL PHASE FOOD LIST

## GRAINS

- BUCKWHEAT
- WILD RICE
- QUINOA
- BROWN RICE

## VEGETABLES

- BROCCOLI
- KOMBU
- HIKIJI (HIJIKI)
- BURDOCK
- MUSHROOM
- BEETS
- KALE
- DULSE
- WATER CHESTNUT
- SPINACH
- SWEET POTATOES
- CARROTS

## **MEAT**

- DUCK
- PORK

## **LEGUMES**

- ADZUKI BEANS
- KIDNEY BEANS
- BLACK SOYBEAN
- BLACK TURTLE BEANS
- LENTILS
- CHICKPEAS

## **FRUITS**

- BLUEBERRY
- WATERMELON
- CONCORD GRAPE
- BLACKBERRY
- CRANBERRY
- ORANGES
- POMEGRANATE

## **NUTS**

- CHESTNUT
- ALMONDS
- WALNUTS

## **SEAFOOD**

- CATFISH
- OCTOPUS
- LOBSTER
- SCALLOP
- CLAM
- OYSTER
- MUSSEL
- SQUID
- CRAB
- SARDINE
- SALMON
- TUNA

## OTHER

- BANCHA TEA
- DECAFF COFFEE
- SALT
- MISO
- TAMARI
- HERBAL TEAS (LIKE CHAMOMILE)
- DARK CHOCOLATE