



SUPPORTING HEALTHY PROGESTERONE NATURALLY

PATIENT EDUCATION HANDOUT

Progesterone is a hormone your body makes after ovulation. Foods do not contain enough progesterone to raise hormone levels directly, but eating nutrient-rich foods can support your body's natural hormone production and overall health.

Vitamin B6

Chickpeas, bananas, potatoes, spinach, salmon, turkey, sunflower seeds

Magnesium

Pumpkin seeds, almonds, cashews, spinach, Swiss chard, black beans, avocados

Zinc

Pumpkin seeds, lentils, chickpeas, oysters, beef

Vitamin C

Bell peppers, kiwi, strawberries, broccoli, Brussels sprouts, oranges

Vitamin E

Sunflower seeds, almonds, hazelnuts, avocados

Healthy fats

Avocados, walnuts, chia seeds, ground flaxseed, tahini, extra-virgin olive oil

Selenium

1-2 Brazil nuts daily, mushrooms, whole grains

Lifestyle Habits That Matter

- Eat a colorful, whole-food diet rich in vegetables, legumes, fruit, nuts, and seeds.
- Aim for 7–9 hours of quality sleep each night.
- Manage stress through prayer, mindfulness, walking, or other healthy practices.
- Exercise regularly without overtraining.
- Maintain a healthy body weight.
- Discuss persistent symptoms with your healthcare provider.

Important Note

If progesterone is low because ovulation is irregular or has stopped (such as during perimenopause or menopause), food alone is unlikely to restore progesterone levels. Your healthcare provider can help determine whether additional evaluation or treatment is appropriate.

Remember: Food supports your body's natural hormone production, but it is not a replacement for medical care when hormone deficiencies are present.