

Cortisol-Balancing Cheat Sheet

Simple Ways to Support Your Body, Lower Stress & Feel More Like Yourself

Foods That Help Lower Cortisol

- Leafy greens – spinach, kale, Swiss chard
- Berries – blueberries, strawberries, raspberries
- Healthy fats – avocado, olive oil, nuts & seeds
- Complex carbs – oats, quinoa, sweet potatoes
- Wild-caught fish – salmon, sardines, mackerel
- Herbal teas – chamomile, lemon balm, tulsi (holy basil)
- Dark chocolate – just a square or two (70% cocoa or more)

Foods That May Raise Cortisol

- Refined sugar – candy, soda, pastries
- White flour – white bread, pasta, crackers
- Excess caffeine – especially on an empty stomach
- Alcohol – disrupts sleep & hormone balance
- Fried & processed foods – especially with trans fats
- Artificial ingredients and preservatives

Non-Diet Habits to Support Balance

- Aim for 7–8 hours of sleep each night
- Walk outside daily (even just 10–20 minutes)
- Practice deep breathing or prayer
- Avoid multitasking when you can
- Stay hydrated – half your body weight in ounces of water
- Laugh, connect, and enjoy uplifting time with loved ones
- Set healthy boundaries to prevent overwhelm

 *Small changes add up. Choose one or two items from each section to begin this week—your body will thank you!*