

HORMORA

Food Matrix

Your Hormone-Optimized Eating Guide

Prioritize • Neutral • Avoid

228 foods • 10 categories • 6 hormone systems

hormora.com

How to Use This Guide

Each food category shows which foods to prioritize, limit, or avoid for hormone health. Colored dots indicate which hormone systems each food impacts. Solid dots mean the food supports that hormone; hollow dots mean it disrupts it.

Status Guide

Prioritize

80-100% of your diet. These foods actively support hormone balance.

Neutral

0-20% of your diet. Okay occasionally, but don't rely on these.

Avoid

0% of your diet. These actively disrupt hormone function.

Hormone Impact Key

Solid dot = Supports this hormone Hollow dot = Disrupts this hormone

● ○ Cortisol

● ○ Insulin

● ○ Thyroid

● ○ Estrogen

● ○ Testosterone

● ○ Growth Hormone

Signs a Food Isn't Working For You

Even "prioritize" foods may not work for everyone. Discontinue any food that causes:

- Heartburn or reflux
- Energy crashes
- Headaches
- Skin breakouts
- Joint pain
- Bloating or gas
- Mood changes
- Constipation or diarrhea
- Brain fog
- Poor sleep

Important Disclaimers

Medical: This guide is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider before making dietary changes.

FDA: These statements have not been evaluated by the FDA. This guide is not intended to diagnose, treat, cure, or prevent any disease.

Results: Results may vary. Individual responses differ based on genetics, health status, and other factors.

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Protein

The foundation of hormone production

21 foods

Prioritize

- Grass-fed beef ●●●●●●
- Beef liver ●●●●●●
- Oysters ●●●●●●
- Pasture-raised eggs ●●●●●●
- Bone broth ●●●●●●
- Collagen/Gelatin ●●●●●●
- Wild shellfish ●●●●●●
- Grass-fed lamb ●●●●●●
- Pastured chicken ●●●●●●
- Beef heart ●●●●●●
- Colostrum ●●●●●●

Neutral

- Low-mercury wild fish ●●
- Grass-fed whey (unheated) ●●
- A2 Dairy ●

Avoid

- Soy protein ○○○○○○
- Beans/Legumes ○○○○
- Factory-farmed meat ○○○○○○
- Farmed seafood ○○○○○○
- High-mercury fish ○○○○
- Pea/Rice protein ○○○○
- Heated whey ○○○○



Fats & Oils

The building blocks of every hormone

28 foods

Prioritize

Grass-fed butter ●●●●●●

Grass-fed ghee ●●●●●●

Coconut oil ●●●●●●

Beef tallow ●●●●●●

Grass-fed meat fat/marrow ●●●●●●

Organic olives ●●●●●●

Red palm oil ●●●●●●

Neutral

Avocado oil ●●●●●●

Extra virgin olive oil (if pure/organic) ●●●●●●

Coconut milk (no additives) ●●●●●●

Duck/Goose fat ●●●●●●

Grain-fed butter ●●●●●●

Grain-fed ghee ●●●●●●

Avoid

All seed/vegetable oils ○○○○○○

Canola oil ○○○○○○

Soybean oil ○○○○○○

Sunflower oil ○○○○○○

Corn oil ○○○○○○

Fish oil supplements ○○○○○○

Margarine ○○○○○○

Commercial lard ○○○○○○

Cottonseed oil ○○○○○○

Grapeseed oil ○○○○○○

Safflower oil ○○○○○○

Sesame oil ○○○○○○

Peanut oil ○○○○○○

Krill oil ○○○○○○

Soy lecithin ○○○○○○



Carbohydrates

Fuel for thyroid and metabolic function

14 foods

Prioritize

Sweet potato ●●●●●

Butternut squash ●●●●●

Cassava/Yuca ●●●●●

Pumpkin ●●●●●

Taro ●●●

White potatoes (cooked) ●●●

Neutral

White rice ●●●

Avoid

Wheat/Bread/Pasta ○○○

Oats/Oatmeal ○○○

Corn products ○○○○

Brown rice ○○○

Quinoa ○○○

All cereals ○○○

Gluten-free products ○○○



Fruit

Natural sugars that support thyroid function

27 foods

Prioritize

- Oranges ●●●●●
- Pineapple ●●●●●
- Papaya ●●●●●
- Ripe bananas ●●●●●
- Watermelon ●●●●●
- Strawberries ●●●●●
- Blueberries ●●●●●
- Cantaloupe ●●●●●
- Coconut (fresh) ●●●●●
- Mango ●●●●●
- Cherries ●●●●●
- Raspberries ●●●●●
- Blackberries ●●●●●
- Peaches ●●●●●
- Nectarines ●●●●●
- Kiwi ●●●●●
- Pomegranate ●●●●●

Neutral

- Avocado ●●●●●
- Apples (peeled) ●●●●●
- Dried fruit ●●●●●
- Grapes ●●●●●
- Pears ●●●●●
- Plums ●●●●●
- Grapefruit ●●●●●

Avoid

- Canned fruit ○○
- Fruit juice (packaged) ○○○
- Fruit snacks/leather ○○



Dairy

Fat-soluble vitamins and calcium for hormone health

15 foods

Prioritize

Raw milk (grass-fed) ●●●●●●

Raw cheese ●●●●●●

Raw kefir ●●●●●●

Colostrum ●●●●●●

Raw cream ●●●●●●

Neutral

A2 dairy ●●●●

Grain-fed butter ●●●●

Full-fat yogurt (grass-fed) ●●●●●●

Greek yogurt (grass-fed, full-fat) ●●●●●●

Cottage cheese (grass-fed) ●●●●

Avoid

Skim/Low-fat milk ○○○○

Conventional ice cream ○○○○

Processed cheese ○○○○

Dairy alternatives ○○○○

Powdered milk ○○○○



Vegetables

Cook well to reduce anti-nutrients

49 foods

Prioritize

Raw carrots ●●●●●●

Cooked carrots ●●●●●●

Zucchini (cooked) ●●●●

Cooked onion ●●●●●●

Mushrooms (cooked) ●●●●●●

Garlic (cooked) ●●●●●

Ginger ●●●●●

Neutral

Cooked broccoli ●●●●●

Cooked cabbage ●●●●●

Sauerkraut ●●●●●●

Cooked spinach ●●●●●

Seaweed (small amounts) ●●●

Celery ●●●●●

Cucumber ●●●●

Lettuce ●●●●

Asparagus (cooked) ●●●●●

Bok choy (cooked) ●●●●●

Brussels sprouts (cooked) ●●●●●

Cauliflower (cooked) ●●●●●

Kale (cooked) ●●●●●

Collards (cooked) ●●●●●

Green beans (cooked) ●●●●

Kimchi ●●●●●●

Leeks (cooked) ●●●●

Fennel (cooked) ●●●●

Artichokes (cooked) ●●●●

Arugula ●●●●

Swiss chard (cooked) ●●●●

Winter squash (cooked) ●●●●●

Okra (cooked) ●●●●

Romaine ●●●●

Shallots (cooked) ●●●●

Green onion ●●●●

Fresh herbs (basil, cilantro, mint, parsley) ●●●●

Avoid

Raw kale/spinach ○○○○

Tomatoes (with seeds/skin) ○○○○

Peppers (with seeds) ○○○○

Eggplant ○○○○

Soy/Tofu/Edamame ○○○○

Corn ○○○○

Beets ○○○○

Bell peppers (unless peeled/deseeded) ○○○○

Chili peppers (unless peeled/deseeded) ○○○○

Canned veggies ○○○○

Peas ○○○○

Sugar snap peas ○○○○

Sprouts ○○○○

Raw chard ○○○○

Raw collards ○○○○



Nuts, Seeds & Legumes

Mostly avoid – high in anti-nutrients

8 foods

Prioritize

Brazil nuts (1-2 daily) ●●●●●

Avoid

All nuts (except Brazil) ○○○○○

All seeds ○○○○○

All beans ○○○

Lentils ○○○

Peanuts ○○○○○

Chickpeas/Hummus ○○○

All soy products ○○○○○



Sweeteners

Natural sugars support thyroid function

15 foods

Prioritize

Raw honey ●●●●

Organic maple syrup ●●●●

Neutral

Stevia ●

Erythritol ●

Xylitol ●●

Avoid

Artificial sweeteners ○○○

High-fructose corn syrup ○○○

Agave ○○○

Coconut sugar ○○

White/brown sugar ○○○

Maltitol ○○

Sorbitol ○○

Fruit juice concentrate ○○○

Honey (pasteurized/non-raw) ○○○

Maple syrup (non-organic) ○○○



Spices & Flavorings

Anti-inflammatory and gut-supportive

29 foods

Prioritize

Apple cider vinegar



Cacao powder (raw)



Cilantro



Ginger



Lavender



Oregano



Paprika/Smoked paprika



Parsley



Rosemary



Sea salt (unrefined)



Thyme



Turmeric



Vanilla extract (pure)



Neutral

All-spice



Black pepper



Cinnamon



Cloves



Nutmeg



Onion powder



Organic mustard (no additives)



Table salt



Avoid

Anything "enzyme modified"



Bouillon and broth (commercial)



Commercial salad dressings



Commercial spices and extracts



MSG (monosodium glutamate)



Miso



Tamari/Soy sauce



Yeast/Yeast extract





Beverages

Hydration matters for hormone transport

22 foods

Prioritize

Mineral water (glass bottle)



Raw milk



Bone broth



Coconut water (fresh)



Organic coffee



Green tea



Chamomile tea



Filtered water (reverse osmosis)



Water with lemon/lime



Neutral

Fresh fruit juice



Kombucha



Avoid

Alcohol (all types)



Soda



Diet drinks



Nut/Oat milks



Soy milk



Tap water (unfiltered)



Pasteurized milk



Packaged/bottled juice



Fresh vegetable juice



Bottled iced tea



Sport drinks

