

A Seeds Guide for Women 25+

9 Seeds, How Much to Eat, and How They Help

Your nutritional needs shift as you move through your 20s and beyond — hormonal balance, bone density, and iron levels all become more relevant with time. This guide covers 9 seeds worth adding to your daily diet, colour-coded by the main way they help, along with how much to eat and why it matters.

Colour Key

Hormonal Balance	Bone Health	Iron	Sleep & Magnesium	Skin & Antioxidants	Gut Health	Protein
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The 9 Seeds

Seed	Main Benefit	Daily Amount	How It Helps
1. Methi (Fenugreek) Seeds	Hormonal Balance	1 tsp, soaked overnight	Traditionally used to support hormonal balance and healthy blood sugar levels, both increasingly relevant in your late 20s onward.
2. Flax Seeds	Hormonal Balance	1-2 tbsp, ground	Contains lignans, plant compounds studied for supporting hormonal balance, along with omega-3s for heart health.
3. Black Sesame Seeds	Bone Health	1-2 tsp, roasted	One of the richest non-dairy calcium sources, important for building and maintaining bone density before natural decline begins with age.
4. Halim (Garden Cress) Seeds	Iron	1 tsp, soaked	Traditionally valued for their high iron content, especially useful for women managing iron loss from menstruation.
5. Pumpkin Seeds	Sleep & Magnesium	1 small handful (15-20g)	High in magnesium and zinc, supporting better sleep quality, mood regulation, and immunity.
6. Sunflower Seeds	Skin & Antioxidants	1 small handful	Rich in vitamin E, an antioxidant that supports skin health and helps protect cells from oxidative stress.
7. Chia Seeds	Gut Health	1-2 tbsp, soaked	Forms a gel-like fibre that supports digestion and gut health, while helping you feel fuller for longer.
8. Ajwain (Carom) Seeds	Gut Health	1/2 tsp with warm water	Traditionally used to ease bloating and digestive discomfort, including around the menstrual cycle.
9. Watermelon Seeds (Magaz)	Protein	1-2 tbsp	A good plant-based protein and magnesium source, easy to add to smoothies or eat roasted as a snack.

Note: These seeds support general wellness as part of a balanced diet, not a treatment for a diagnosed condition. If you have PCOS, anemia, thyroid issues, or another health condition, consult a doctor or dietitian before making significant dietary changes.