

Gynecomastia Treatment in Delhi: Foods That Worsen It & The Right Time for Treatment



For many men, gynecomastia is more than a physical concern and it affects your confidence , clothing and the way they feel in their own skin. In 2025, awareness around breast enlargement is higher than ever and so are the advancements in the diagnosis of the treatment. At Shobhit Aesthetics, Dr Shobhit Gupta one of the leading [plastic surgeons in Delhi](#) is redefining how patients understand and overcome gynecomastia.

Let us understand what gynecomastia is all about in this blog.

Why Gynecomastia Happens: The Updated Understanding

Gynecomastia occurs when glandular tissue in the chest increases due to hormonal imbalance, often a rise in estrogen or a drop in testosterone. But the latest research shows that the causes are not limited to hormones. Lifestyle factors like high-estrogen foods, anabolic steroid use, certain medications, liver or thyroid issues, and even genetics play a major role.

Dr. Shobhit Gupta, [top gynecomastia surgeon in Delhi](#), emphasises a complete evaluation before suggesting treatment. At Shobhit Aesthetics, patients undergo a detailed consultation, hormonal assessment when required, and high-definition chest analysis to understand whether the condition is true gynecomastia, pseudogynecomastia (fat only) or a combination. This distinction makes sure that you get the right treatment from the start.

The Emotional and Social Impact

- Men start avoiding fitted clothes , gyms, swimming pools and intimate situations.
- Teenagers develop low self esteem and adults struggle with body confidence.

Dr Shobhit Gupta, has worked with hundreds of such cases and the transformation that a [gynecomastia surgery in Delhi](#) gives you can change your life completely. A flat and masculine chest allows you to live your life with ease and comfort.

Foods Which Cause Gynecomastia

If you are noticing chest fullness, and puffiness around your nipples, your diet may be contributing more than ever.

Soy and Soy Based Products

Soy contains phytoestrogens and plant compounds that mimic estrogen in the body. Foods like tofu, soy milk, soy nuggets and protein bars increase estrogen in the body if it is consumed in excess.

Flax Seeds and Sesame Seeds

Both are highly marketed as superfoods but they are high in lignans and other estrogen like compounds. Men who add a large amount of flax seed to their smoothies or shakes can suffer hormonal imbalance.

Beer and Alcohol

Beer is produced from hops and it is one of the most estrogenic plants known. Its regular consumption can lead to:

- Lower testosterone
- Increase fat accumulation around chest
- Affect liver function

This combination can strongly worsen gynecomastia.

Processed Food High in Preservatives

Packaged food, frozen foods and instant noodles often contain endocrine disrupting enzymes. These preservatives cause gradual chest accumulation and puffiness.

High Estrogen Dairy and Poultry

Non organic milk, paneer and cheese may contain hormone residues used in commercial farming. When consumed regularly, it increases estrogen activity in your body and causes tissue enlargement.

Can Diet Alone Cause Gynecomastia?

Not always — but diet can worsen existing hormonal imbalance, speed up glandular growth, or increase stubborn chest fat. [Dr. Shobhit Gupta](#) stresses that the key lies in:

- Identifying dietary triggers
- Correcting hormone-impacting habits
- Pairing lifestyle changes with medical or surgical treatment when needed

When to Seek Treatment at Shobhit Aesthetics

If dietary changes do not reduce chest enlargement, you may have true gynecomastia, which involves glandular tissue that cannot shrink with diet or exercise. At Shobhit Aesthetics, Dr. Shobhit Gupta provides:

- High-definition gynecomastia evaluation
- Hormonal review (if required)
- Minimally invasive gland removal + liposuction
- Scar-less, day-care [gynecomastia surgery in Delhi](#).

Book Your Consultation Today

Foods alone cannot be the root cause of [gynecomastia in Delhi](#). But it surely can worsen gynecomastia. Get the expert evaluation at Shobhit Aesthetics, from Dr Shobhit Gupta, expert gynecomastia surgeon in Delhi. Now achieving a firm and masculine chest is fully possible.

Book your consultation now!!!