PCOS NUTRITION FOR A HEALTHIER YOU

Healthy Eating Tip of the Month

May 2021
WHAT IS PCOS:

Polycystic ovary syndrome, or PCOS, is a hormonal condition that women can get during their childbearing years. It can raise your risk of other health problems, including diabetes and hypertension.

What are two excellent strategies to manage PCOS symptoms?

1. Consuming anti-inflammatory foods
2. Maintaining adequate blood glucose levels through diet and exercise
In any sort of chronic medical condition where inflammation is of concern, an anti-inflammatory approach by the Mediterranean diet can be very useful. These conditions can include: **Cancer, heart disease, diabetes, and arthritis.**

Here are some reliable anti-inflammatory foods to look out for when grocery shopping!

<table>
<thead>
<tr>
<th>Vegetables:</th>
<th>Healthy Fats:</th>
<th>Fruits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garlic</td>
<td>Olive Oil</td>
<td>Apples</td>
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<tr>
<td>Tomato</td>
<td>Salmon</td>
<td>Grapes</td>
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<tr>
<td>Asparagus</td>
<td>Almonds</td>
<td>Oranges</td>
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<tr>
<td>Mushrooms</td>
<td>Walnuts</td>
<td>Peaches</td>
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<tr>
<td>Olives</td>
<td>Avocado</td>
<td>Melons</td>
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<tr>
<td>Broccoli</td>
<td>Peanut Butter</td>
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<table>
<thead>
<tr>
<th>Proteins:</th>
<th>Beans &amp; Legumes:</th>
<th>Whole Grains:</th>
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</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Black Beans</td>
<td>Pasta</td>
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<tr>
<td>Greek Yogurt</td>
<td>Chickpeas</td>
<td>Quinoa</td>
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<tr>
<td>Tuna</td>
<td>Kidney Beans</td>
<td>Brown Rice</td>
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<tr>
<td>Turkey</td>
<td>Lentils</td>
<td>Barley</td>
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<tr>
<td></td>
<td>Hummus</td>
<td>Whole Oats</td>
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**Sample 1-day meal plan:**

- **Breakfast:** Greek yogurt with strawberries and oats.
- **Snack:** Apple slices with peanut butter
- **Lunch:** whole grain turkey sandwich with an apple
- **Snack:** Pita bread and hummus
- **Dinner:** Broiled salmon, served with brown rice and asparagus
Insulin resistance is often a complication of PCOS. A balanced diet and active lifestyle can help prevent diabetes with PCOS.

What happens when you consume too many refined carbohydrates?

**Complication:**
Consuming too many carbs alone

**Goal:**
By including veggies along with quality protein with carbohydrates

**Example Plate:**
Consuming carbs along with high fiber veggies and protein can slow down the digestion of carbs, therefore maintaining blood glucose levels.

Good protein sources: Chicken, lean beef, eggs, legumes, nuts, tofu

Veggies: Spinach, broccoli, cauliflower, eggplant, carrots
Physical Activity with PCOS

Including physical activity as part of your daily activities can improve insulin sensitivity!

All of these are important to manage in PCOS

Adult Recommendations per week:

Kid Recommendations per week:

By including physical activity as part of your daily routine, not only can you help manage your blood glucose levels, but you can also manage stress to improve PCOS symptoms.
References:


