



NUTRITION GUIDELINES (ESPECIALLY FOR PCOS PATIENTS)

1. Choose a variety of fresh and minimally processed fruits, vegetables, whole grains, low fat dairy, and lean protein foods.
2. Almost all grain choices should be whole grains, such as 100% whole wheat products, cracked wheat, barley, oatmeal, brown rice, low fat popcorn or whole grain corn. Less familiar whole grains include amaranth, buckwheat, kamut, millet, quinoa, spelt, teff, and triticale.
3. Avoid juices, sugared soda, and other sweetened beverages.
4. Have a small meal or snack every three to five hours and include a small amount of lean protein with each, such as one ounce low fat cheese or skinless chicken, ¼ cup cottage cheese, a container of light yogurt, one cup soymilk, or one tablespoon nuts.
5. Avoid hydrogenated/trans fat; these raise cholesterol. Look for them in the ingredients list on food packages.
6. For the benefits of omega-3 fats, choose fatty fish twice weekly, for a total of eight to twelve ounces. These include salmon, sardines, herring, etc. A tablespoon of ground flaxseed daily provides a plant source of omega-3s.
7. Consume at least 25 grams of fiber daily from whole grains, fruits, and vegetables. Follow the Food Pyramid: 6-10 one ounce servings of grains, 2-4 fruits, 3-5 half-cup vegetable servings daily.
8. Limit sodium to 2300 milligrams daily. Use no-added-salt, reduced sodium, or unsalted products. Limit restaurant meals, as well as processed foods in cans and boxes. Season food with lemon, garlic, onion, flavored vinegars, herbs, spices, and other unsalted seasonings.
9. Consume protein regularly, ideally 25 grams daily. Some healthy sources of proteins come from soy products such as tofu, tempeh, edamame and soy milk.
10. Exercise every day.

Adapted from The Dietician's Guide to PCOS, Angela Grassi, MS, RD, 2007.