

Guide To Eating Well With PCOS



www.PCOSnutrition.com



"Instead of focusing on foods you *shouldn't* eat, focus on foods you **SHOULD** eat!"

Angela Grassi, MS, RDN, LDN PCOS Nutrition Center Founder

Eating Whole Foods Can Heal PCOS





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- Improve skin
- Healthier hair
- Better mood
- Keep immune system healthy
- Improve fertility
- Aid in weight loss
- Support a healthy pregnancy
- Maintain healthy blood pressure
- Reduce risk for diabetes
- Prevent cancer
- Extend your life

What Are Whole Foods?



whole food

noun

plural noun: whole foods

food that has been processed or refined as little as possible and is free from additives or other artificial substances.

The PCOS Nutrition Center Cookbook includes 100 Easy and Delicious Whole Food Recipes to Beat PCOS.

Examples of Whole Foods



- Fruits
- Vegetables
- Whole grains
- Beans and legumes
- Eggs
- Meat, fish, poultry
- Nuts
- Oils



Surprising Benefits of Whole Foods



- Low in glycemic index and won't spike up insulin
- High in fiber to support digestion and gut health
- Satisfying so you won't feel hungry all the time
- Contain the necessary vitamins and minerals to fight inflammation and lower insulin



Fruits

How much to eat each day?

At least 2 cups of fruit each day to maximize health

Spread fruit out through the day, instead of all at once



What counts as a serving?

- 1 small apple
- 1 cup of grapes
- 1 orange
- 1 large peach
- 1 cup strawberries
- 1 cup cherries
- 2 small plums

Source: USDA



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Tips to Help You Eat Fruits

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- Keep a bowl of whole fruit on the table or counter
- Buy fresh fruit in season
- Refrigerate cut-up fruit to store for later
- Freeze fresh fruit or buy frozen to blend in smoothies
- Enjoy for snacks
- Add to meals:
 - Top oatmeal with blueberries
 - Grapes or apples to a salad
 - Grill pineapple



Vegetables



How much to eat each day?

- At least 2½ cups of vegetables each day to maximize health
- Make half your plate veggies



What counts as a serving?

- 1 cup broccoli (raw or cooked)
- 2 cups leafy greens
- 1 cup carrots (raw or cooked)
- 1 large tomato
- 1 cup mushrooms (raw or cooked)
- 1 cup cooked green beans
- 1 cup squash or zucchini

Source: USDA

Tips to Help You Eat Vegetables



- Buy fresh vegetables in season
- Stock up on frozen vegetables
- Buy vegetables that are easy to prepare
- Vary your veggie choices to keep meals interesting
- Enjoy for snacks
- Add to meals:
 - Mix into omelets or frittatas
 - Blend leafy greens in smoothies
 - Add to stir-frys or soups
 - Grill vegetable kabobs
 - Side dishes



Citrus Glazed Carrots from *The PCOS Nutrition Center Cookbook*

Beans and Legumes

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How much to eat?

Several servings each week



Farro Minestrone Soup from

The PCOS Nutrition Center Cookbook

What counts as a serving?

½ cup cooked:

- Black beans
- Chickpeas (garbanzo)
- White beans
- Lentils

Tips to Help You Eat Beans and Legumes



- Purchase canned, dried or ready to eat varieties
- Add to meals:
 - Salads
 - Soups
 - Meatless main dishes
 - Side dish



Black Bean Cakes from *The PCOS Nutrition Center Cookbook*

Whole Grains

How much to eat each day?

- Up to 6 ounces each day
- Look for 'whole' as the 1st ingredient
- Choose unprocessed varieties
- Spread evenly throughout day



What counts as a serving?

½ cup cooked:

- brown or wild rice
- rolled oats
- bulgur
- quinoa
- buckwheat
- 1 slice stone ground sprouted grain whole wheat bread
- 3 cups popcorn, air popped



Tips To Help You Eat Whole Grains



- Substitute whole grain products for the refined ones
- Try quinoa or rolled oats for a hot breakfast
- Add whole grains such as faro, quinoa, or bulgur to soups
- Try rolled oats as breading for baked chicken, fish, or veal cutlets
- Mix vegetables with cooked quinoa for a side dish



Strawberry Breakfast Quinoa from

The PCOS Nutrition Center Cookbook

Include Anti-Inflammatory Fats



Examples

- Olive oil
- Avocado oil
- Olives
- Nuts
- Nut butters
- Avocados
- Seeds
- Eggs
- Fish



Tips To Help You Eat Healthy Fats



- Use olive oil for cooking or as a base for home made dressings
- Nuts make great snacks
- Toss nuts into a stir-fry
- Dip fruit in nut butters
- Add avocado to eggs, sandwiches and salads
- Add olives or seeds to a salad
- Eat fish twice a week



Salmon with Pineapple Mango Salsa from The PCOS Nutrition Center Cookbook

Don't Forget the Protein!

- For a balanced plate, protein should be eaten at every meal and snack
- Including protein provides meal satisfaction and prevents hunger and binge eating
- Aim to have at least ¼ of your plate be protein
- Protein ideas:
 - Fish
 - Beans, lentils and legumes
 - Tofu
 - Chicken
 - Eggs



Bring Cooking Home



- YOU control the ingredients
- More flavorful meals:
 - Choose locally grown seasonal produce
 - Use real ingredients
 - Use fresh herbs and spices
- Cheaper
- Faster
- Mindfulness
- Better relationship with food
- Social connection with others
- Practice builds confidence!



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Plan Meals and Snacks Ahead



- To start, plan out at least 4 days of meals and snacks for the week
- Consider schedules of family members to determine if meals need to be quick or more involved
- Make extra (or double) at meals to reheat or freeze for future meals
- Make a shopping list for the 4 days of meals and snacks
- Looking for recipes? <u>The PCOS Nutrition</u> <u>Center Cookbook</u> has a 4-week meal plan and shopping list



Need Help Putting it all Together? Personalized Nutrition Coaching for PCOS



- Individualized PCOS coaching by phone, online or in-person provided by our <u>Registered Dietitian</u> <u>Nutritionists</u> (all of whom have PCOS themselves!).
- Each of our RDNs have completed a bachelor's and master's degree in nutrition and dietetics and have extensive training in providing evidence-based nutrition counseling to women with PCOS.

Contact us today to find out how we can help you! Visit www.PCOSnutrition.com/coaching



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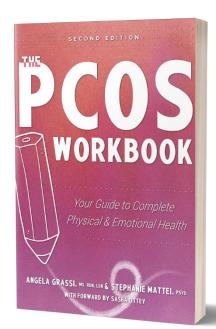
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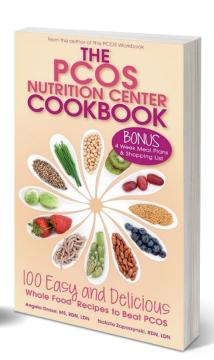
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