

# PCOD

## VEGETERIAN (WG) :

- **7:30AM:** aloe vera juice.
- **8:30-9AM: BREAKFAST-** 4/6 Idli + Sambar 1cup/ 1 table spoon Green chutney/ Tomato Chutney. 4 Slice brown bread.+1 slice low fat cheese+2/3 Boiled egg white(choice).
- **11AM: SNACK-** - 1 Portion fruit(Limit the intake of high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.).
- **12:30-1PM: LUNCH-** 3 Chappati+ 1cup cluster beans subji+ chana masala. 1 cup cucumber salad. 1 cup rice+ raita +1 cup Dhal+ Palak subji + 1 cup low fat curd.
- **4PM- SNACKS--**1 Cup light tea+ Brown rice flakes poha 1 cup/ 2 wheat rusk, green tea.
- **6:30-7:30PM: DINNER—**2/3 Roti / chappathi + Ridge guard subji 1 cup, mix veg curry, Broken wheat upma 1 cup+ 1 cup green beans subji.
- **9-10PM:** Milk(if hungry).

## DON'TS:

- ▶ Skipping meals
- ▶ Food with high sugar
- ▶ Neglecting symptoms of depression
- ▶ Smoking and Drinking

## DO'S

- ▶ GRADUALLY INCREASE THE INTAKE OF HIGH FIBER CARBOHYDRATES.
- ▶ EMPHASIZE LEAN PROTEIN FOODS.
- ▶ INCLUDE MONO UNSATURATED AND OMEGA 3 FATTY ACID FOODS.
- ▶ INCLUDE DIFFERENT FRUITS AND VEGETABLES.
- ▶ DRINK MINIMUM 2 LITER WATER.
- ▶ DO REGULAR EXERCISE

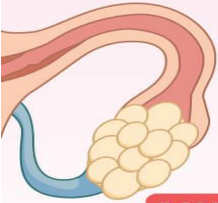

## FOOD ITEMS YOU CAN EASILY CONSUME:

- ▶ **CEREAL:** BROWN RICE, WHOLE WHEAT, OATS, JOWAR, BAJRA, RAGI
- ▶ **PULSES:** RED GRAM, GREEN GRAM, BLACK GRAM, BENGAL GRAM
- ▶ **VEGETABLES:** ALL GOURDS-BITTER GOURD, SNAKE GOURD, RIDGE GOURD, BOTTLE GOURD, IVY GOURD, LADIES FINGER, TINDA, GREEN LEAFY VEGETABLES.
- ▶ **FRUITS:** CITRUS FRUITS-ORANGE, MOUSAMBI, GRAPE FRUIT, LEMON;
- ▶ **BERRIES-**STRAWBERRY, BLUEBERRY, BLACK BERRY; CRANBERRY, CHERRIES, PAPAYA, PINEAPPLE, GUAVA.
- ▶ **MILK AND MILK PRODUCTS:** LOW FAT MILK, LOW FAT CURD.
- ▶ **OIL:** 2 TSP (10ML)
- ▶ **SUGAR:** 2 TSP (10GM)

One in every **5 women** in India has **PCOD**

**WHAT IS PCOD?**


Polycystic ovarian syndrome is the **most common endocrine disorder** in females. The cause of PCOD is unknown, but doctors believe that an **increased level of androgen hormone and insulin** might induce the disease. PCOD affects women of all ages, from adolescence to post-menopausal.



**COMMON SYMPTOMS OF PCOD**

- Excessive facial hair (Hirsutism)
- Irregular, Heavy or absent periods
- Weight gain or difficulty losing weight
- Acne or oily skin

**PCOD is the most common cause of FEMALE INFERTILITY**

 **Zealthy**  
Women's personal health advisor

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