

Dietary management plays a crucial role in managing Polycystic Ovary Syndrome (PCOS), a condition often linked with **obesity, insulin resistance, and hormonal imbalances.**

Diet plays a central role in managing PCOS by: insulin sensitivity, hormonal balance, fertility, ovulation, inflammation and oxidative stress

Why Focus on Low-Glycemic Index (Low-GI) Foods?

The **glycemic index (GI)** ranks carbohydrates based on how quickly they raise blood sugar.

Low-GI foods (like quinoa, oats, legumes, and sweet potatoes) release glucose more slowly, helping to: prevent insulin spikes, reduce fat storage, regulate appetite and energy levels.

The Role of Anti-Inflammatory Nutrition

Women with PCOS often exhibit **chronic low-grade inflammation**, which contributes to symptoms like fatigue, acne, and metabolic issues. Diets high in refined sugar, saturated fats, and processed foods can worsen this inflammation.

Anti-inflammatory foods support hormonal balance and immune health. These include:

- **Omega-3 fats** (from fish, chia seeds, flaxseed)
- **Colorful vegetables and fruits** (rich in antioxidants)
- **Spices** like turmeric, ginger, and cinnamon
- **Whole foods** over processed items

Best Foods for PCOS

| Category | Recommended Choices |
|---------------------------|---|
| Carbs (Low-GI) | Quinoa, oats, legumes, sweet potatoes, brown rice |
| Proteins | Eggs, tofu, chicken, lentils, Greek yogurt |
| Healthy Fats | Avocados, olive oil, nuts, seeds, fatty fish |
| Fiber | Leafy greens, berries, flaxseed, cruciferous vegetables |

Foods to Limit or Avoid

- Refined sugar (sodas, candies, white bread)
- High-GI carbs (white rice, pastries)
- Processed foods and trans fats
- Dairy (if acne-prone or sensitive)
- Excess caffeine or alcohol