

Nutrition and Healthy Eating Habits For PCOS

Eat Healthy, Live Happy!



Choose Low-GI Carbs

Go for oats, brown rice, and dalia to keep insulin levels stable.



Cut Down on Sugar

Skip sweet drinks, desserts, and processed snacks.



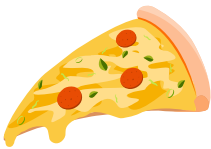
Add Protein to Every Meal

Include eggs, lentils, tofu, or Greek yogurt to balance blood sugar.



Drink Enough Water

Make sure to drink at least 8 glasses of water per day to stay hydrated.



Avoid Processed Foods

Processed foods spike insulin and worsen hormone imbalance.



Watch Portion Size

Eat slowly and stop when 80% full to avoid insulin spikes.