

# PCOD : NON-VEGETARIAN :

- **7:30AM:** Aloe Vera juice.
- **8:30-9AM:** BREAKFAST– 4/ Idli + Sambar (1/2)cup/ 1 table spoon Green chutney/ Tomato Chutney. 2 Slice brown bread.+1 slice low fat cheese+2 Boiled egg white.
- **11AM:** SNACK- - 1Portion fruit(Limit the intake of high energy fruits. Eg: Banana, Jack fruit, Mango, Chikku.)
- **12:30-1PM:** LUNCH- 2 Chappati+ 1cup cluster beans subji+ Fish curry(100g fish) 1cup. 1 cup rice+ chicken curry( 150 gm chicken)+ 1 cup cucumber salad/ (1/2) cup rice+ (1/2)cup Dhal+ Palak subji (1/2)cup+ (1/2) 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 / chapathi+ Ridge guard subji (1/2)cup, mix veg curry, Broken wheat upma (1/2) cup+ (1/2) cup green beans subji.
- **9-10PM:** Milk(if hungry).

## ○ **DON'TS:**

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.

## **DO'S**

DO NOT SKIP MEALS.  
DON'T TAKE HEAVY MEALS AT A TIME.  
AVOID PROCESSED JUICES AND SOFT DRINKS.  
AVOID DEEP FRIED FOODS.

## **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.

**MEAT, FISH & EGG:** SKIN OUT CHICKEN, EGG WHITE, FISH LIKE SALMON, SARDINES, TROUT, MACKEREL, TUNA.

**OIL:** 2 TSP (10ML)

**SUGAR:** 2 TSP (10GM)



### FIBRE INTAKE

Eat lots of fibre. It makes you feel full and keeps you from overeating.



### MEAL FREQUENCY

Eat small but frequent meals. This will help strengthen your metabolism.



### FLAX SEEDS

Add Flax seeds to your regular diet.



### FISH

Seafood, also known as Lean Meat, is good.



### GREEN VEGGIES

Green Leafy vegetables are a must addition to your daily diet.



### DAIRY PRODUCE

Avoid Dairy products as much as possible. They increase insulin in your body.



### HI-GLYCEMIC FOODS

Avoid foods with high glycemic value. They are harder to break down.



### RED MEAT

Avoid red meat. It may increase infertility risk.



### SATURATED FATS

AVOID SATURATED FATS.



### REFINED GRAIN

Try and avoid refined grains (Maida) as much as possible.