



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



Vector-Based Illustration/Getty

- 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?



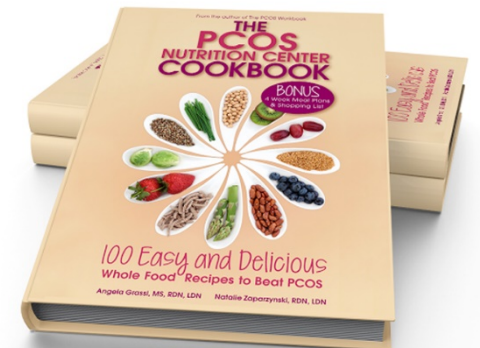
whole food

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

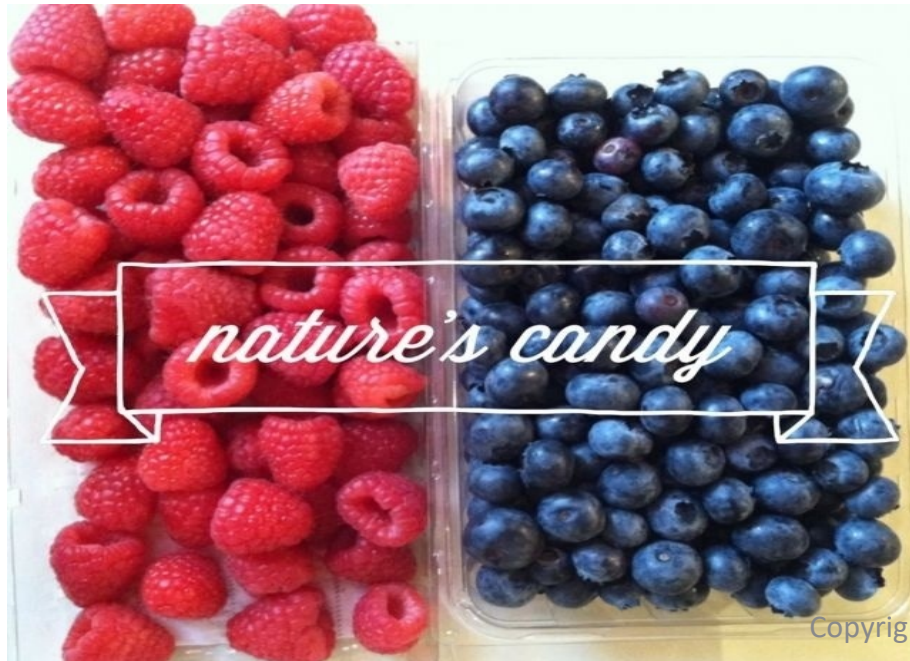


Fruits

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

Tips to Help You Eat Fruits



- 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



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



Blueberry Walnut Oatmeal from
The PCOS Nutrition Center Cookbook

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 $\frac{1}{4}$ 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!



Chris Gramly/Getty

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? [The PCOS Nutrition Center Cookbook](#) 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 Registered Dietitian Nutritionists (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



Angela Grassi MS, RDN, LDN
Founder

Additional Resources



Visit The PCOS Nutrition Center

PCOSnutrition.com

- Browse our [blog](#) for timely PCOS Nutrition articles, tips and special offers
- [PCOS Books and cookbook](#)
- Effective [supplements](#) designed specifically for women with PCOS



Connect with Us!



- Instagram: [@PCOSnutrition](#)
- Twitter: [@PCOSnutrition](#)
- Facebook: [Facebook.com/PCOSNutrition](#)
- Pinterest: [Pinterest.com/PCOSnutrition](#)
- You Tube: [YouTube.com/PCOSnutrition](#)

