NUTRITION PLAN FOR PCOD/PCOD

A PCOS diet is crucial role in the management of PCOS, not only for weight loss and maintenance, but also to regulate insulin levels. Many women with PCOS are resistant to insulin, resulting in the pancreas producing more insulin in order to be effective.

Insulin is an important hormone as it transports sugar from the blood into the muscles of the body, allowing the body to effectively make use of the energy from glucose. High insulin levels wreak havoc on the body, leading to a lot of the symptoms of PCOS like, increased hair growth, weight gain, acne, fatty liver and high cholesterol, polycystic ovaries and an irregular menstrual cycle, not to mention increased hunger levels and cravings. Sounds familiar, doesn't it?

So, management of blood insulin levels is crucial in the management of PCOS. Refined carbohydrates cause a spike in insulin levels and should therefore be avoided. Also, foods that are high in fat will lead to weight gain and high cholesterol.

Foods to AVOID

High GI (Glycemic Index) Foods:

Foods that have a high GI result in a quick rise in blood sugar levels. Insulin levels follow suit to deal with the glucose in the blood stream. Generally, high GI foods have been processed to remove fiber and other nutrients so they may be tasty but they are high in calories while lacking in nutrients.

Some examples of high GI foods to avoid: white rice, white potatoes, white bread, rice cakes, muffins and cakes.

Soy Products:

Not enough studies have been done on the impact of soy on woman with PCOS and soy in small quantities may have little effect. However, I would not recommend soy products to women with PCOS, especially those that are trying to conceive.

Bad Fats:

Saturated, hydrogenated and trans fats are all fats that should be avoided. Saturated fats, found in red meat and dairy products, cause an increase in estrogen production, hinder the absorption of some nutrients and can cause weight gain.

The trans and hydrogenated fats, from cooked oil, margarine and processed foods, increase your risk of heart disease and diabetes, both of which you are already at risk of as a result of PCOS.

FOOD TO CUT:

- Sweetened juice, canned fruit in heavy syrup, or sweetened apple sauce
- Starchy vegetables such as white potatoes, corn, and peas
- Refined grains made with white flour such as white bread and pasta, bagels, or white rice
  Sugared cereals, breakfast pastries and donuts.
- High GI fruits, like Yellow bananas, mangos, watermelon, pineapple and all dried fruits
- Sugary drinks such as soda or juice.
- Sugary foods such as cookies, cakes, and candy.
- Snacks such as potato chips, namkeen, tikki, golgappas, kulcha, poori, etc.

FOOD TO EAT:

- Oats
- Brown Rice
- Whole Wheat Bread
- Whole Wheat Roti
- Beans
- Green Vegetables
- Cauliflower
- Broccoli
- Nuts
- Seeds
- Fish
- Eggs
- Lentils
- Coconut Water
- Apple
- Berries
- Grapes

NUTRITION PLAN

BREAKFAST

OPTION 1	OPTION 2
Oats ½ Apple 10 Almonds 10 Raisins 2g Cinnamon 1sp Flaxseed	4 Boiled Egg (3 Egg Whites & 1 Whole Egg) 1 Apple 1 cup Indian tea

LUNCH

OPTION 1	OPTION 2
- Kidney Beans - 1 Roti - Salad (Cucumber, Cabbage/Lettuce, Carrots, tomato)	3 Egg Omelet (2 whites & 1 whole) - 1 Roti - Salad (Cucumber, Cabbage/Lettuce, Carrots, tomato

SNACK

OPTION 1	OPTION 2
- Piece of Fruit (Kiwi or Pear or Orange or Guava) - 1 Handful Peanuts	- 1 cup Roasted Chickpeas - 1 cup Greet Tea

DINNER

OPTION 1	OPTION 2
- Black or Yellow lentils - 1 Roti or ½ Brown Rice - Salad (Cucumber, Cabbage/Lettuce, Carrots, tomato)	- Spinach sabji or mixed Veg sabji - 1 Roti or ½ Brown Rice - Salad (Cucumber, Cabbage/Lettuce, Carrots, tomato

a) Eat Green beans or Okra or Cauliflower once a weak.
b) Eat grilled chicken once a weak.
c) Eat Scrambled Eggs instead of Omelet few times a weak.
d) Eat Quinoa instead of oats few times a weak.
e) Use olive oil for cooking.
f) Drink green tea 2-3 times a day.
g) Drink 8 glass of water a day.