



PCOS

Polycystic Ovarian Syndrome (PCOS)

Learn about your
nutrition need

EDUCATION MANUAL

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DIET CLOUD



Healthy Eating Tips :

- Learn and practice “mindful” eating. This means eating only when your body needs fuel, not when you are bored or you have a craving.
- Eat at least 5 total servings of fruits and vegetables every day. These foods are full of nutrients, and most are low in calories.

Along with vitamins, minerals, and antioxidants, you get important phytochemicals (natural plant compounds) that can help ease the hormonal imbalances that come with PCOS.

- Limit or avoid caffeine, artificial sweeteners, and nicotine. These can increase your insulin levels, even if you do not have high blood glucose.



Regular physical exercise can help with many of the issues and health concerns of PCOS. Getting and staying active can help you:

- Improve ovulation
- Manage your weight
- Keep your cholesterol and blood pressure in good level.

When you increase your physical activity, your body can also absorb more glucose without the help of insulin. This means your pancreas will not have to produce as much insulin.



LESS STRESS!

Less stress is important to your health

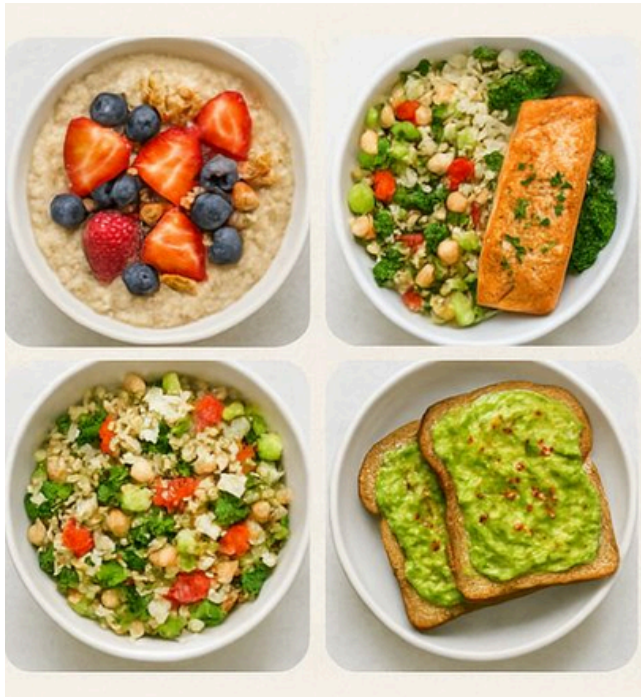
- Chronic stress can raise levels of the hormone cortisol: – Cortisol makes it easy to store fat around your abdominal organs. This is especially true if you tend to eat more when you feel stressed.
- Cortisol can also make estrogen imbalances worse. This can interfere with normal periods and fertility.
- Stress also makes the body take glucose from storage and release it into your blood. This makes your insulin levels rise, which can also cause you to store body fat.

Exercise is good for your mind, too.

Moving more often can boost your mood and improve your body image.



Good food menu for PCOS



Contact us for more details...

www.dietcloud.in

