



# PCOS

PCOS is a hormonal imbalance that is associated with insulin resistance. About 5 million women in the US have PCOS, making it the most common hormonal disorder among women of reproductive age.

## How to Treat PCOS



### What to Emphasize

Eating more fiber can reduce insulin sensitivity, so eat more greens, berries, and whole grains. For treating hormonal imbalance, try eating strictly organic for meat and dairy products, avoid high mercury fish and plastic, packaged foods. Don't forget to eat breakfast every day and eat regularly. If you feel hungry, do not deprive yourself!

### What to Eat?

Less Sugar, More protein & Healthy Fats

The key, supported in numerous studies, lies in reducing insulin resistance. This can be done simply by increasing protein and healthy fats in the diet, and modestly reducing unhealthy carbohydrates and sugar. Emphasize eating protein like fish, poultry, or eggs and healthy fats that come from olive oil, nuts, and avocado.

## Causes of PCOS

The root cause of PCOS has to do with insulin resistance. Insulin resistance, while linked with type 2 diabetes and metabolic syndrome, is also associated with an increase in circulating testosterone levels in women. Heightened testosterone causes symptoms such as unwanted facial hair, scalp hair loss, and acne, all of which are symptoms of PCOS.

## Symptoms of PCOS

PCOS is diagnosed through a combination of clinical, laboratory and, in some cases, ultrasound findings.

It is likely that patients exhibiting two or more of the following symptoms may have PCOS

- Excess face/body hair
- Irregular periods
- Depression or anxiety
- Infertility
- Weight gain
- Thinning scalp hair



## Hormone Healthy Foods

### Fats

- Olive oil, nuts, avocado, seeds

### Carbs (slow carbs)

- Carrots, peas
- Apples, berries, bananas
- Milk, yogurt, other dairy products
- Lentils, brown rice, oats
- Potatoes, corn, sweet potatoes

### Protein

- Poultry, eggs, and fish
- Black beans, chickpeas, lentils, tempeh, tofu

### Plants

- Bok choy, broccoli sprouts, brussel sprouts, cabbage, collard greens, kale, cauliflower
- Low glycemic fruit
- Blackberries, blueberries, raspberries, and strawberries



## Important Takeaways

To manage symptoms of PCOS, your diet is what matters most. Focus on consuming less processed foods and, instead, purchase whole foods such as fruits, vegetables, whole grains, fish, legumes, and dairy. Remember that moderation is key and listen to what your body is telling you. If you are thirsty, drink more water. If you are hungry, make sure to eat. Just because you do not follow the PCOS diet one day does not mean that your progress will be ruined!

