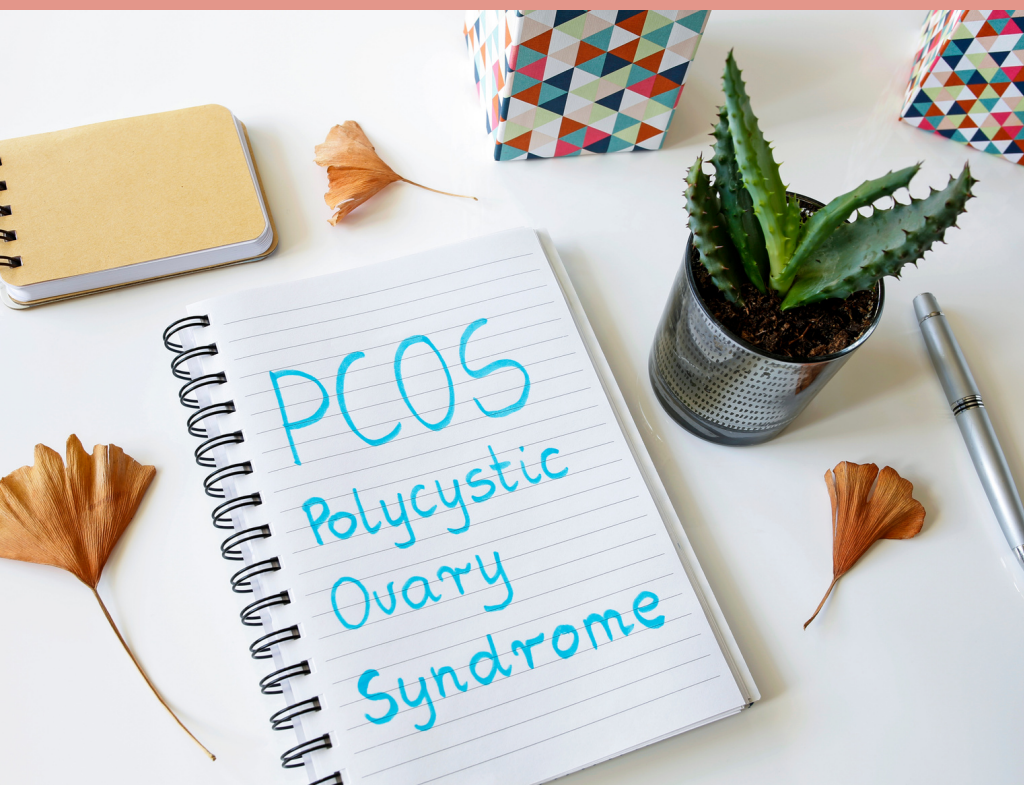


FOOD FREEDOM & PCOS

HOW TO MANAGE PCOS WITHOUT DIETING



FOR MEMBERS OF THE SOCIETY!

WHAT IS PCOS?

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PCOS is a genetic, hormonal, reproductive and metabolic disorder that affects 10-15% of folks born with a uterus. It is the leading cause of anovulatory infertility. Symptoms of PCOS include irregular or missing periods (ovulation), acne, hair loss, hirsutism, and weight gain. PCOS can also cause dry eye, increase miscarriage risk and is associated with anxiety and depression. About 50% of those with PCOS go undiagnosed.

Rotterdam Criteria for Diagnosing PCOS

Must meet 2 of the 3 criteria

1. Anovulation or irregular ovulation
2. Elevated androgens indicated by
 - a. Either labs
 - b. OR by symptoms: acne, excessive hair growth on face / chest / stomach, hair loss
3. Polycystic ovaries on an ultrasound

Note: cysts that burst are not part of PCOS, although they can occur in those who have PCOS. If you do not have signs of elevated androgens then it's recommended to rule out thyroid conditions or hypothalamic amenorrhea.

NUTRITION TIPS

Consume dietary fiber by including whole grains, legumes, fruits, vegetables, nuts and seeds with meals and snacks.

Pair carbohydrates with protein and fat at meals and snacks.

Add in probiotic foods like yogurt, tempeh, kefir, raw pickles, and sauerkraut.

Add in prebiotic foods like apples, bananas, ground flax, onions, garlic, oats, asparagus.

Increase omega-3 fatty acids by consuming:

- fatty fish- salmon, mackerel, pacific oysters, anchovies, sardines
- nuts and seeds - any are great, and there is also specific research showing the benefits of ground flaxseed and walnuts with PCOS
- avocado and olives

Add in antioxidants by including colorful fruits and vegetables, herbs and spices into your diet.

PAIRING CARBS WITH PROTEIN AND FAT

Carbs: fruit, grains, legumes, starchy veggies

Protein: meat, seafood, soy, eggs

Fat: nuts, seeds, oil, avocado, olives

EXAMPLES

Toast for breakfast

Add 2 hardboiled eggs or top with avocado, pair with sausage

A bowl of pasta

Make a meat sauce and include olive oil or top with a piece of salmon

Making a smoothie

Use yogurt, cow's milk, soy milk or protein powder for protein

Add a nut butter, ground flax, chia seeds, for fat

Food Freedom Reminder

It's completely okay to enjoy things as they are as well. Observe your energy and hunger levels as you explore pairing food!

A vertical decorative bar on the left side of the page, featuring a light gray background. It is adorned with various fresh ingredients: a small sprig of green herbs at the top, a halved strawberry, another sprig of green herbs, a lime wedge, and a whole strawberry at the bottom.

FOOD FREEDOM

Approach nutrition by asking yourself what you can ADD to meals and snacks.

Remember that one meal, one snack or one day is not going to impact your hormones. It's more about the overall big picture.

Listen to your body by paying attention to hunger levels, cravings, energy level, sleep quality, your stress around food, etc. when you make nutrition changes. Do you notice any patterns between food choices and how you feel?

You have autonomy over your food choices and *only* you get to decide what's best for you to eat. Emotional and mental health are both as important as physical health when making food choices! If a nutrition change is causing you stress and anxiety then it's probably not worth it.

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ACTIVITIES

Brainstorm 3 ways you can increase fiber in your diet:

How often do you consume carbohydrates by themselves? Can you think of ways to pair your carbohydrates with protein and/or fat in a way that would still be enjoyable and satisfying? List a few ideas below!

Do you consume probiotics and probiotics? If not, how can you add them into your diet?

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ACTIVITIES

Do you include omega-3 fatty acids in your diet?

If not, would you like to add more? How?
Brainstorm below.

List 3-5 ways you can include colorful fruits and vegetables, herbs and spices into your diet in a way that feels enjoyable and satisfying:

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