

FERTILITY PLATE

For PCOS Women



Understanding PCOS and Infertility

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs, which can lead to infertility.



Dietary Guidelines for PCOS

Diet plays a significant role in managing PCOS and improving fertility. The goals of the dietary management of PCOS are to regulate insulin levels, balance hormones, and support weight management.

Include the following in your Diet:

1. Focus on Low-Glycemic Index (GI) Foods:

Low-GI foods help manage insulin levels.

Include whole grains like (brown rice, barley, sorghum), legumes, nuts, seeds, fruits, leafy greens (spinach, kale, lettuce, etc.), tomatoes, mushrooms, peppers, broccoli, cauliflower, celery and fennel)

2. Increase Fiber Intake: Fiber helps regulate blood sugar and reduce insulin resistance. Aim for 25-30 grams of fiber daily.

3. Lean Protein: Include lean sources of protein such as chicken, fish, tofu, and legumes.



4. Healthy Fats:

Incorporate sources of healthy fats like avocados, olive oil, nuts, and seeds.

5. Omega-3 fatty acids:

Include Omega-3 rich foods such as cold water fish (salmon), Walnuts

6. Include Whole fruit for dessert:

The fiber content in whole fruit helps you feel full, helps your digestion and slows down the absorption of its sugars into the bloodstream.

7. Have Regular Meals:

Have regular meals and snacks to maintain blood sugar levels.

Menu Plan for Individuals with PCOS

Breakfast:

Option 1: Moong dal chilla with mint and moringa chutney

Option 2: Oats idli with pumpkin sambhar

Option 3: Vegetable poha with added roasted flaxseeds

Mid-Morning Snack

Option 1: A handful of soaked almonds, walnuts and prunes

Option 2: Greek yogurt with chia seeds

Option 3: Jeera buttermilk

Lunch:

Option 1: Jowar khichdi with mixed vegetables and a side of raita

Option 2: Stuffed broccoli and paneer paratha with beetroot raita

Option 3: Whole wheat roti with chana masala and a bowl of low fat curd

Afternoon Snack:

Option 1: Cucumber and carrot sticks with chickpea hummus

Option 2: Roasted chickpeas

Option 3: Ghee roasted makhana and seeds

Dinner:

Option 1: Grilled fish (Salmon, mackerel) with sautéed veggies

Option 2: Mixed vegetable stir-fry with tofu and brown rice

Option 3: Methi thepla with low fat curd and mixed greens leafy veggies

Do's and Don'ts For Individuals with PCOS

Foods to Include

Whole Grains:

Brown rice, Barley, Oats, Cracked wheat, Whole wheat.

Good quality Proteins:

Eggs, Chicken, Fish, Tofu, Legumes.

Healthy Fats:

Avocado, Nuts, Oilseeds, Olive oil.

High-Fiber Vegetables:

Broccoli, Spinach, Kale, Carrots.

Low-GI Fruits:

Apples, Berries, Pears, Plums

Dairy Alternatives: Almond milk, Soy milk,
Coconut milk, Greek yogurt.

Foods to Avoid

Refined Carbohydrates:

White Bread, Pasta, Pastries.

Sugary Foods: Sweets, Sodas, Sugary cereals.

Trans Fats: Fried foods, Margarine, Processed snacks.

High-GI Fruits: Overly ripe Bananas, Pineapples

Processed Meats: Sausages, Bacon, Deli meats.

Do's ✓

Maintain a balanced diet with a variety of nutrients.

Exercise regularly to help manage weight and improve insulin sensitivity.

Monitor blood sugar levels and adjust your diet accordingly.

Stay hydrated by drinking plenty of water.

Don'ts ✗

Skip meals as it can cause blood sugar fluctuations.

Rely on processed foods and fast food.

Consume excessive amounts of caffeine or alcohol.

Ignore stress management; practice yoga, meditation, or other stress-relieving activities.

References

1. Moran, L. J., Hutchison, S. K., Norman, R. J., & Teede, H. J. (2011). Lifestyle changes in women with polycystic ovary syndrome. *Cochrane Database of Systematic Reviews*, (7).
2. Marsh, K., & Brand-Miller, J. (2005). The optimal diet for women with polycystic ovary syndrome? *British Journal of Nutrition*, 94(2), 154-165.
3. Panth, N., Gavarkovs, A., Tamez, M., & Mattei, J. (2018). The Influence of Diet on Fertility and the Implications for Public Nutrition in the United States. *Frontiers in Public Health*, 6, 211.
4. Legro, R. S., Arslanian, S. A., Ehrmann, D. A., Hoeger, K. M., Murad, M. H., Pasquali, R., & Welt, C. K. (2013). Diagnosis and treatment of polycystic ovary syndrome: an Endocrine Society clinical practice guideline. *The Journal of Clinical Endocrinology & Metabolism*, 98(12), 4565-4592.

***Always consult your Doctor and Dietitian before you initiate any dietary changes.**

A 'Public Awareness Initiative' from
 **NOVELTY**
HealthShine Pvt. Ltd.

Makers of

In Infertility Associated with PCOS

 **NHS[®]Chiro[®]**

(Contains) 150 mg. Myo-inositol 500 mg. N-Acetylcysteine 50 mg. Zinc 5 mg. Chromium 100 mcg. Selenium 20 mcg. L-Methyl Folate 0.1 mg. Vit D3 200 IU, Vit B12 0.5 mcg / tablet)

**For a personalized diet plan, give a missed call
on 91363 43333 Or scan code to fill the assessment**



Novelty HealthShine Pvt. Ltd.,

506, Mayuresh Square, Plot No. 17, Sector 15,
CBD Belapur, Navi Mumbai, Maharashtra - 400614.

Contact No. : 022-4972 7771

Email : info@noveltyhealthshine.com

Website : www.noveltyhealthshine.com