

# Nutritional Concerns in PCOS

## INCREASED

 Blood Sugar (Glucose) Levels

 Insulin Levels (Insulin Resistance)

 Inflammation

 Blood Pressure

 Blood Cholesterol

 Androgen Hormones (Testosterone)

 Risk for Type 2 Diabetes

## DECREASED

 Vitamins and Minerals

 Fertility

 Mood

 Positive Body Image

## ADDITIONAL SYMPTOMS

Irregular, absent, or heavy menstrual periods

Hirsutism (excessive hair growth)

# Important Nutrients and Foods in PCOS

It is important for people with PCOS to follow a balanced eating pattern that incorporates a variety of foods. The list below details the important nutrients in PCOS, the health benefits they provide, and the foods, beverages, and seasonings they are found in.

Nutrient	Health Benefit	Food Sources
 <p>Lean Proteins</p>	<ul style="list-style-type: none"> <li>• Grows and maintains muscles</li> <li>• Strengthens bones</li> <li>• Helps you feel fuller longer</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts and nut butters</li> <li>• Tofu and soy</li> <li>• Legumes (beans, lentils)</li> <li>• Seeds (pumpkin, chia)</li> <li>• Fish and seafood</li> <li>• Poultry (chicken, turkey)</li> <li>• Eggs</li> <li>• Low-fat milk, cheese, and yogurt</li> </ul>
 <p>Omega-3 Fatty Acids</p>	<ul style="list-style-type: none"> <li>• Lowers inflammation</li> <li>• Lowers blood triglycerides</li> <li>• Boosts fertility</li> <li>• Supports healthy pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Walnuts and almonds</li> <li>• Chia, hemp, and flaxseeds</li> <li>• Avocados</li> <li>• Egg yolks</li> <li>• Salmon, tuna, and sardines</li> </ul>
 <p>High-Fiber Carbohydrates</p>	<ul style="list-style-type: none"> <li>• Promotes stable blood sugars</li> <li>• Improves insulin resistance</li> <li>• Lowers blood cholesterol</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh/frozen fruits</li> <li>• Fresh/frozen vegetables</li> <li>• Legumes</li> <li>• Steel-cut oats</li> <li>• Quinoa</li> <li>• Rye and pumpernickel bread</li> </ul>
 <p>Cinnamon</p>	<ul style="list-style-type: none"> <li>• Improves blood sugar levels</li> <li>• Improves insulin resistance</li> <li>• Improves blood cholesterol</li> </ul>	<p>Can add to:</p> <ul style="list-style-type: none"> <li>• Smoothies</li> <li>• Oatmeal</li> <li>• Yogurt or cottage cheese</li> </ul>
 <p>Probiotics</p>	<ul style="list-style-type: none"> <li>• Improves blood sugar levels</li> <li>• Improves insulin levels</li> <li>• Decreases testosterone</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Tempeh</li> <li>• Kimchi</li> <li>• Miso</li> <li>• Sauerkraut</li> </ul>
 <p>Zinc</p>	<ul style="list-style-type: none"> <li>• Increases fertility</li> <li>• Decreases hirsutism</li> <li>• Improves insulin levels</li> <li>• Lowers inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Chickpeas</li> <li>• Cashews</li> <li>• Dark Chocolate</li> <li>• Oysters</li> </ul>
 <p>Curcumin</p>	<ul style="list-style-type: none"> <li>• Reduces inflammation</li> <li>• Improves blood sugar levels</li> </ul>	<ul style="list-style-type: none"> <li>• Turmeric</li> </ul>
 <p>Epigallocatechin-3-Gallate (EGCG)</p>	<ul style="list-style-type: none"> <li>• Increases ovulation</li> <li>• Improves insulin levels</li> <li>• Decreases testosterone</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> </ul>



# References

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