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3 Tips to Help Manage PCOS (Polycystic Ovary Syndrome)

1. Limit added sugars and refined (or simple) carbs. Choose high-fiber carbohydrates.

Limit sugary beverages, cookies, baked goods, chips, donuts, crackers, and fast food. Instead, choose carbohydrates high in fiber such as fruits, vegetables, beans/lentils and whole grains. High-fiber foods assist in keeping blood sugars regulated throughout the day.

2. Eat more heart healthy fats.

Include sources of omega-3 fatty acids such as salmon, tuna, walnuts, and flaxseeds as well as monounsaturated fats like olive oil, olives, avocados, nuts and seeds. These fats can improve insulin and triglyceride levels and help to regulate hormones.

3. Get enough sleep and daily activity.

PCOS can affect sleep patterns, and inadequate sleep can affect food choices, hunger cues, mood and ability to focus. Have a regular bedtime routine and aim for 7-8 hours of sleep per night. Also, move more by doing activities that you enjoy such as walking, dancing, or yard/house work.

Following these recommendations can help to regulate the amount of blood sugar and insulin in your blood stream, relieve symptoms of PCOS and reduce the risk of developing additional health problems. For more tips and to receive an individualized meal plan to better assist with managing PCOS, call (919) 237-1337 to make an appointment with one of our Avance Care registered dietitians.

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