



**Nutrition Recommendations for PCOS**  
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**1. Enjoy water most often! Avoid sugary drinks and juices.**

- "Sugary drinks" includes soda, sports drinks, fruit juice, sweetened tea and coffee drinks, energy drinks, milkshakes, smoothies, flavored milks, horchata, agua frescas, and other fruit drinks (Koolaid, Capri Sun, Hi-C, SunnyD, V8 Splash, Tropicana Twister, etc.).

**2. Choose small portions of carbohydrate / starchy foods (bread, rice, pasta, corn, potatoes, tortillas, etc).**

- Choose whole grains most of the time: choose whole grain or whole wheat breads and pastas, brown rice, wheat tortillas, whole grain crackers, etc. (instead of white/refined options).
- Check ingredient lists on food labels to look for whole grains -- make sure the word "whole" is part of the first ingredient on the list.
- For a well-balanced plate:
  - Fill 1/4 of your plate with meat/chicken or other protein foods (turkey, fish/seafood, eggs, cottage cheese, tofu, beans, or lentils).
  - Fill another 1/4 of your plate with a small portion of starchy food (such as a 1/2 cup serving of potato, corn, brown rice, whole wheat pasta, a whole wheat tortilla, or a slice of whole grain bread).
  - Fill the remaining 1/2 of the plate with non-starchy vegetables (greens, green beans, broccoli, cucumbers, carrots, tomatoes, green salad, etc.), or with a combination of vegetables and fruit.

**3. Eat at consistent times during the day. Make a plan for your meals and snacks to avoid going long periods of time with no food.**

- This is important for metabolism, for blood sugar control, and managing hunger.
- Skipping meals early in the day may lead to overeating later in the day.
- Eating too late at night can make it hard to eat breakfast the next day.
- Snacking too often can make it hard to manage blood sugar levels, and can make it hard to lose weight.

**4. Enjoy at least 60 minutes of physical activity each day.**

- Spend time doing activities that you enjoy!
- It all adds up! You could do 30 minutes twice a day, or 20 minutes three times a day, or 15 minutes four times a day, etc.
- Get your heart racing and get a little sweaty!
- Being active can also help improve your mood :)

For additional info about nutrition for PCOS, check out these resources:

<https://youngwomenshealth.org/2013/12/12/pcos-nutrition/>

<https://youngwomenshealth.org/2013/12/12/pcos-friendly-foods/>

<https://youngwomenshealth.org/2013/12/12/pcos-menus/>