



DIET CHART FOR **PCOS**

Karnataka





Wake UP (6 - 7 Am): Luke warm Water - basil seeds (soaked overnight) - 150 ml



After 15 minutes: 1 Cup Black Tea / Black coffee / green tea / Slimmed Milk (Cup)



Walking for 3km in 45 min

Breakfast (9.00 - 9.30 Am):

Wheat upma: 85 gms Wheat rawa 30 gms + add water + beans 10 no + carrot -1 no + onion + oil spoon cook it well

OR

Moong dal dosa: Soak moong dal over night add a small piece of ginger, add chilly and salt to taste, grind it. make dosa & eat with tomato chutney

OR

Brown bread sandwich: Recipe: Pudina (mint) chutney, Kheera 10 slices, egg omelet, tomato slices, grated carrot, grated beetroot, tomato sauce

OR

Phulka + paneer curry

OR

veg curries + diet milk

OR

Slim milk - 150gm

Mid-meal (11.00 - 11.30 Am):

3 Almonds + 3 Walnuts +2 Dry Dates +3 Pista +
3 Raisins (Soaked overnight)





Lunch (1.00 - 1.30 PM)

Phulka - 1 no basmathi rice - 45 gms veg curries except potato- 4 cups chicken/fish -150 gms/day Dal -1 cup Diet curd -1 cup

OR

Ragi porridge / khichdi - take 35 gms of rice, cook it, add 20 gms of ragi soaked in 50 ml water to the cooked rice, cook it further till ragi mixes well with rice, add salt to taste. eat with curd

OR

Vegetable salad: 50 gms bottle guard pieces + 50 gms ridge guard + 10 beans + 1 carrot + all other vegetables can also included. eat with 1 egg 1 or roasted chicken and curd

OR

Phulka, Vegetable curries, Dal, Cur

Evening time (4.00 PM)

Fruits - Apple/orange/anar (pomegranate) /papaya/guava/fig/
Watermelon -150 Gms/day

OR

Veg Salad

Dinner (7.00 - 7.30 AM)

Wheat Upma: 30 gms of Wheat rawa, add water + 10 beans + 1 carrot + ½ onion + ½ spoon oil. Cook it well

OR

MoongDal Dosa: soak moong dal over night add small piece ginger, add chilly and salt to taste. grind it for dosa. make dosa and eat with tomato chutney

OR

Phulka + Vegetable Curries

OR

Jowery Roti

Bedtime (10.00 - 10.30 AM)

Slim Milk -150 MI + Pinch of Haldi



Drinks:

Apple cider vinegar, ginger water, cumin water, cinnamon water, detox water are very good metabolism booster which will help your slow metabolism to improve well & helps to reduce your weight faster.

Milk:

Please avoid packet milk or cow's milk because it contains natural sugars like lactose which will convert into glucose and worsen the insulin resistance, which makes your body to store more fat.

Soy products:

Meal maker, soya sauce, soya beans, soy milk, soy Paneer should be avoided it will increase the male hormone androgen, due to that facial hair growth and in some places excessive or thickened hair growth found.

Seeds & Nuts:

Pumpkin, watermelon, flax, chia, sunflower seeds and nuts like almonds, walnuts, Brazil nuts can be included regularly helps to balance the hormones well.

Fats to Include	Fats to Limit
Poly unsaturated, Monounsaturated & Omega 3 - non-fried fish (salmon, flounder, herring, sardines) - olive oil, flax oil - nuts/nuts butters - flax seed (in moderation) - wheat germ - avocado Plant based and medium chain triglyceride rich - coconut oil, coconut milk	Saturated & Trans-fats - whole milk dairy products - high fat animal meat (marbled beef, bacon, sausage) - butter & margarine - french fries & other deep fried foods - partially hydrogenated oils in pastries, crackers, processed foods (Check the ingredients) - coconut oil, coconut milk

Intermittent fasting:

Intermittent fasting 12-16 hrs' are highly recommended to overcome PCOS weight gain.

Gut health:

Poor gut health contributes to increased inflammation in the body and PCOS is low grade inflammation. The bacteria in the gut play an important role in the regulation of inflammation.

Probiotics:

support the proper digestion and absorption of nutrients, support the immune system, and reduce inflammation in the digestive tract.



Food sources for probiotics: yogurt with live and active cultures, kefir, kombucha, and many fermented vegetables like kimchi, miso, pickles, & sauerkraut

Prebiotics:

These are “food” for the good bacteria in the gut.

Food sources: garlic, onion, asparagus, artichokes, under-ripe bananas, and apples. It’s a good idea to eat a mix of both pre and probiotics daily.

Foods to avoid	Foods to eat
processed and refined foods such as white flour, sugar, breads and pasta, pizza Sugary snacks and drinks Anything made with white flour Cakes, pastries, desserts	Whole grains cereals such as oatmeal, brown rice, millets- jowar, bajra, nachni, kodo millet, little millet and amaranth, quinoa Pasta or pizza base or noodles made with beans oer whole wheat

Supplements that may help to manage PCOS:

Chromium supplementation has also been shown in women with PCOS to significantly improve the chances of ovulation and reduce hirsutism. Adding supplements like Curcumin extract, omega 3 and ashwagandha and probiotics may also help.

Avoid:

Sugar Drinks: (Pepsi, Coke, Fanta, Sodas, Juices with Sugar).

Sweets: Any form of Honey, Sugar, Jaggery & Artificial sweeteners and Chocolate syrups.

Deep Fried: Foods like Bajji, Pakora, Chips, Vada and Deep fried Non veg foods, Maida based foods like bakery items, roti’s etc., Organ meats, Processed & Tinned foods.



Supported by:



Edence Life Sciences Private Limited

T-5A, 5th Floor, Phoenix House, A wing, Phoenix mills compound,
462 Senapati Bapat Marg, Lower Parel, Mumbai 400013. www.edencels.com