



DIET CHART FOR **PCOS**

Maharashtra





Wake UP (6 - 7 Am): 5 Almonds + 2 Walnuts
+ 1-2 dates or anjeer



10 min before Breakfast: Apple cider vinegar
- 1 tablespoon diluted in 200 ml of water.



Walking for 3km in 45 min

Breakfast (9.00 - 9.30 Am):

1 cup kanda poha with added veggies (carrot, french beans, capsicum, green peas) or 1-2 bhajani Thalipeeth + 1 small vati skimmed milk curds

OR

1-2 jowar dhirde + coriander-pudina chatni

OR

1-2 Rajgeera thalipeeth + tilachi chatni

OR 1 bajra/jowar/nachni

bhakri/1 chapati + 1-2 egg white omelet

OR

Bhurjee (onion, tomatoes, green chillies)

Mid-meal (11.00 - 11.30 Am):

5 Almonds + 2 walnuts + Any 1 fruit + 1tsp mixed seeds (pumpkin, sunflower, chia, watermelon, flax seeds) fruits (except banana, chikku, custard apple)

10 minutes before Lunch

Apple cider vinegar - 1 tablespoon diluted in 200 ml of water.



**Lunch**
(1.00 - 1.30 PM)

Salads + 1 vati brown rice/red rice + 1 vati dahi kadhi + 1 vati bhaji

OR

Salads + 1-2 jowar or bajra bhakri+1 vati jhunka/pithla

OR

Salads + 1 vati brown or red rice + 1 vati bhaji + 1 vati varan/aamti

OR

Salads + 1 vati brown or red rice + 1 vati bhaji + 1 vati fish
ambat kalvan or 1 vati malvani curry (100gms fish)

OR

Salads + 1-2 jowar or bajra bhakri + 1 vati bhaji
+ Chicken sukka or chicken rassa (100gms chicken breast etc.)

Evening time
(5.00-5.30 PM)

1 cup Green tea (add pinch of cinnamon powder) +

1 vati roasted makhana

OR

1 vati roasted poha chivda

OR

1 vati roasted kurmura-channa

10 minutes
before dinner

Apple cider vinegar – 1 tablespoon diluted in 200 ml of water.

Dinner
(7.00 - 7.30 AM)

1 bowl Daliya khichdi with added veggies + 1 vati cucumber
- tomato-onion koshimbir

OR

1 bajra/jowar/nachni bhakri + 1 vati bhaji + 1 vati sprouts usal

OR

1-2 chapati + 1 vati bhaji + 1 vati tomato fish curry (100gms fish)

OR

1 bajra/jowar/nachni bhakri + 1 vati bhaji + 1 vati egg rassa
(1-2 egg whites)

Bedtime
(10.00 - 10.30 AM)

1 glass warm water with cinnamon powder



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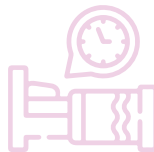
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OR

1-2 chapati + 1 vati bhaji + 1 vati tomato saar

**Bedtime
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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 Bajii, Pakora, Chips, Vada and Deep fried Non veg foods, Maida based foods like bakery items, roti’s etc., Organ meats, Processed & Tinned foods.



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