Nutrition for PCOS

What is PCOS?
PCOS stands for Poly-Cystic Ovarian Syndrome. It can happen in anyone with ovaries. When you have PCOS, your reproductive hormones are out of balance. It can change many things about the way your body works.

What are the symptoms of PCOS?
- Irregular periods
- Weight gain
- Fatigue (feeling very tired)
- Acne
- Mood changes
- Trouble getting pregnant
- Pelvic pain (pain in the lower part of your stomach)
- Trouble controlling blood sugar

You can do a few things to stay healthy and help with your symptoms of PCOS:

Don’t skip meals
Eat earlier in the day
Enjoy 1-2 servings of fruit each day
Eat lots of non-starchy veggies
Balance your plate with 1 fistful of grains
Eat foods with healthy fat like salmon and nuts
Drink mostly water

Talk to your CHN nutritionist if you have more questions!