

Nutrition for PCOS

What is PCOS?

PCOS stands for **P**oly-**C**ystic **O**varian **S**yndrome. 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!