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PCOS Lifestyle Tips

DIET

- A blood sugar balancing diet is the mainstay of effective management of PCOS. Every time you eat, your blood sugar rises and your body needs to produce a hormone called insulin to bring your blood sugar back down. Many women with PCOS are insulin resistant and have trouble keeping their blood sugar in a normal range, which can worsen hormone imbalance.
- Try to eat 3 meals a day and include a healthy protein and fat with every meal. Starting your day off with enough protein and fat is very helpful to keep your blood sugar steady throughout the rest of the day. Always try to add fiber to your plate as well.
 - Proteins - eggs, fish, nuts, lean meats
 - Fats - avocado, nuts, olives, oils like olive oil
 - Fiber - leafy greens, non-starchy vegetables, chia, flax
- Limit your carbohydrate intake. Try to eliminate simple carbohydrates like pasta, bread, and baked goods as much as possible. Complex carbohydrates like rice, quinoa, beans, potatoes/sweet potatoes, and many fruits can be added to meals in small quantities.
- Consider going gluten free and dairy free. These are both common sources of dietary inflammation.
- Minimize processed sugar, including any sweetened beverages.

EXERCISE - consistent exercise 3-4 days a week can help with weight management, hormone balance, and stress improvement. Focus on exercises like walking and strength training rather than high intensity exercise. Any exercise that you can do consistently is a great choice!

SLEEP - sleep is vital for hormone health and stress management, so try to aim for 8 hours/night if possible!

STRESS - managing stress through adequate sleep and relaxation techniques like meditation, yoga, etc can help regulate your cortisol levels. High cortisol can decrease your natural progesterone production and contribute to insulin resistance.

GUT HEALTH - a healthy microbiome is important for balancing your hormones. Supplementing with a probiotic and eating probiotic-rich foods like sauerkraut, kimchi, greek yogurt can help.

- Brands - Align, Garden of Life, NOW Foods

SUPPLEMENTS - can be used to correct any vitamin deficiencies and add additional adaptogens/herbs to help balance hormones.

- Myo and/or D-chiro inositol - a type of B vitamin that helps with improving insulin sensitivity and improving androgen levels.

- Omega-3s - fatty acid that helps to decrease inflammation levels.

- Vitamin D - most people are deficient in vitamin D as it is produced from adequate sun exposure. Low vitamin D may exacerbate symptoms of PCOS.

- Ashwagandha - adaptogen that helps to decrease inflammation levels.

- Chaste berry - herb that helps to balance estrogen/progesterone ratio.

- Prenatal vitamins include a variety of vitamins and minerals that can cover many common deficiencies.

- Brand - Eu Natural Conception Fertility Prenatal (available on Amazon)