



PCOS

PolycysticOvarianSyndrome(PCOS)

Diet Guide

EDUCATION MANUAL



PCOS PolycysticOvarianSyndrome(PCOS)

PCOS does not appear suddenly. It develops as daily routines drift away from what the body can manage well. Meals get delayed, portions change, and packaged food becomes regular.

Over time, the body begins holding what it was meant to release. Many women then notice irregular periods, skin changes, or difficulty conceiving, yet food is rarely questioned first.

This is where a PCOS Diet Plan becomes useful. Food is not a treatment, but it decides how energy is used and how hormone signals move each day.

A practical diet plan focuses on meal timing, portion sense, and digestion flow rather than strict rules.



In India, long work hours and missed meals often disturb this pattern early, especially when packaged food becomes common.

Food as a Daily Reset for Hormone Rhythm

Hormones respond best to routine rather than strict rules. When meals follow no pattern, the body finds it hard to plan energy use. This is why a structured Diet for PCOS patients gives equal value to timing and food choice.

- Eating meals at similar hours helps the body expect and prepare for digestion
- Calm eating allows signals to move smoothly between digestion and hormones
- Stopping before full prevents overload and supports internal order
- Gaps between meals give the system time to process and reset
- Consistent patterns over weeks guide a clearer cycle rhythm

Instead of fast change, food builds steadiness. With regular habits, cycle transitions become smoother without pressure.



Eating During Menstrual Days in PCOS

Menstrual days work differently from the rest of the month. During this time, the body focuses on letting go rather than taking in more. Digestion slows because energy is used for cycle completion. Food taken during these days should support this process, not interrupt it.

- Digestion slows as the body completes the cycle
- Large or mixed meals increase strain during this phase
- Lighter food allows the body to finish its release work
- Raw or lightly prepared food needs less effort to process
- Fruits, salads, coconut water, and light juices fit better here
- Overeating pulls attention back to digestion and delays balance
- Poor food choices during periods can affect the next cycle's timing

When meals are adjusted during menstrual days, the body finishes one cycle properly and prepares more smoothly for the next.



Best Diet Plan for PCOS: What to Include



The Best diet plan for PCOS focuses on clarity, not restriction. Include foods that digest easily and support steady energy release.

Helpful food choices:

- Fresh vegetables with natural colour
- Whole fruits instead of juices
- Sprouted or soaked grains
- Simple lentils and beans
- Natural fats like seeds and nuts in small amounts

These foods guide the body toward internal balance without pressure.

Daily Food Structure

A simple food pattern helps the body settle into a routine.

- Morning: Warm water, then fruit or soaked nuts
- Midday: One proper meal with grains, vegetables, and lentils
- Evening: Something light, like fruit or roasted seeds
- Night: Soft-cooked food with vegetables



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Regular physical exercise can help with many of the issues and health concerns of PCOS. Getting and staying active can help you:

- Improve ovulation
- Manage your weight
- Keep your cholesterol and blood pressure in good level.

When you increase your physical activity, your body can also absorb more glucose without the help of insulin. This means your pancreas will not have to produce as much insulin.



Your Health Matters

**LESS
STRESS!**

Less stress is important to your health

- Chronic stress can raise levels of the hormone cortisol: – Cortisol makes it easy to store fat around your abdominal organs. This is especially true if you tend to eat more when you feel stressed.
- Cortisol can also make estrogen imbalances worse. This can interfere with normal periods and fertility.
- Stress also makes the body take glucose from storage and release it into your blood. This makes your insulin levels rise, which can also cause you to store body fat.

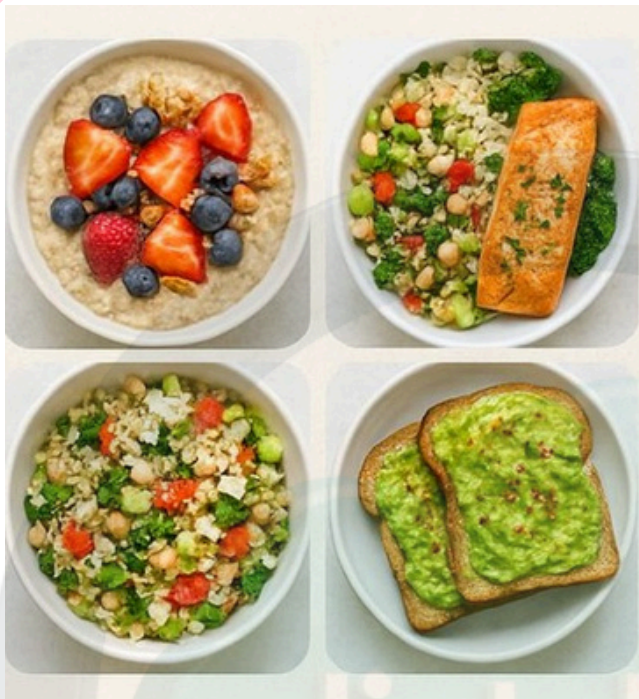
Exercise is good for your mind, too.

Moving more often can boost your mood and improve your body image.



Your Health Matters

Good food menu for PCOS



Moong Dal Chilla

Vegetable Upma

Besan Cheela

Daliya

Sprouts Salad



Scan for details

For a Perfect Personalized PCOS /PCOD

Diet plan - pls call 9629154207

Designed by Dt.Indumathi

