

# PCOD (POLYCYSTIC OVARIAN DISEASE)

About one-third of all menstruating women around the globe have PCOD. Exercising and maintaining a healthy diet are the most effective ways to get your PCOD under control.

## Dietary management of PCOD

Your meal should include a healthy balance of vegetables, fruits, whole grains, plant based proteins (DALS AND LENTILS), lean meat & healthy fat.

Select high fiber grains (WHOLE CEREALS LIKE MILLETS) rather than low fiber grains like white rice, white bread etc.

Take small and frequent meals.

Increase physical activity, exercise on a regular basis.

Try to lose weight. Exercise helps to reduce weight.

Glycemic index is an indicator of how rapidly the food turns to sugar in the blood. The low glycemic indexes also tend to have more fiber than the high glycemic index food. Therefore select only low glycemic foods. e.g. whole bread, whole grains, and cereals.

Space out the carbohydrates during the day.

Avoid carbohydrates that trigger more.

Drink at least 8 glasses of non – caffeine low calorie fluids per day (coconut water - natural), butter milk, lemon water, veg. clear soups, plain water etc.

Limit the saturated (red meat, organ meat, whole milk) and trans fats (vanaspathi, margarine etc.) in the diet.

Select MUFA and PUFA oils. (I.e. include olive/canola oil, almonds, fatty fish like salmon, bluefish, flax seeds etc.) -750 ml per month

Include more fruits & vegetables at least 5 servings per day (400-500 gm)

## Avoid

Juices, squashes, sherbets and canned fruits and fruit juices with sugar as preservative.

Fried foods like chips, bonda, poori, samosa, vada etc.

Fatty sweets, heavy sweet items payasam, burfi, desserts, chocolates, ice creams etc.

Starchy vegetables – potato, yam, etc.

Nuts like peanuts, cashew nuts, coconut etc.

Refined grains, white bread, pasta, polished rice.

Sugary drinks, cakes, candies, cookies etc.

Bakery items & other fatty substances.

Milk products like khoa, cream, cheese etc.

Red meat like mutton, egg yolk etc.

## Include

Fresh fruits like orange, sweet lime, apple, papaya, watermelon, guava, and pears: 100gm/day.

Fresh vegetables, whole grains.

High fiber cereals like ragi, parboiled rice, brown bread.

Fish or chicken without skin in boiled or grilled form: 50gm/day.

Low fat milk 300 ml per day, sugar free drinks.

## Tips

Can start seed rotation therapy to get better result.

First 1-14 days take flaxseeds and pumpkin seeds powder: 2 tbsps/day.

For the next 15-28 days take sunflower and sesame seeds powder: 2 tsps/day.

Continue for 2 months.