Tips for a Healthy PCOS Lifestyle:

- Apply stress management strategies such as exercise and mindfulness practice to reduce stress.
- Get adequate hours of sleep each night. If you snore, you may want to get checked for obstructive sleep apnea, which is common in women with PCOS.
- If overweight, weight loss of 5 to 10 percent of total body weight has been shown to improve insulin resistance and other symptoms of PCOS.
- Engage in moderate-intensity physical activity for at least 30 minutes on most or all days of the week. This may lead to improved insulin resistance and support weight loss and maintenance.
- Athletes with PCOS have specific needs and are advised to seek the assistance of a registered dietitian nutritionist (RDN) for a personalized eating plan. Visit the SCAN website at www.SCANdpg.org to locate a RDN who specializes in sports nutrition.

Tips To Take With You

1. Eat 4 to 6 times each day and include a variety of nutrient-rich foods in each meal and snack (e.g., whole-wheat toast with peanut butter and a piece of fruit).
2. Be active by engaging in some form of physical activity each day.
3. Achieve or maintain a healthy weight.

Since women with PCOS typically have a cluster of symptoms they should consult a registered dietitian nutritionist for a personalized eating plan. To find a RDN near you, visit: www.eatright.org

Contact SCAN
www.scandpg.org
800.249.2875

References:


Written by SCAN registered dietitian nutritionists (RDN) to provide nutrition guidance. The key to optimal meal planning is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing “Find a SCAN Dietitian” at www.scandpg.org or by phone at 800.249.2875.

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