# Nutrition Prescription for PCOS

1. Minimize intakes of baked goods, sweets, desserts & candy

2. Minimize intakes of sugar sweetened beverages (pop, juice, non-dairy milks)

3. Eat dinner as early as possible and fast overnight for twelve to sixteen hours

4. Minimize carbohydrate intakes in the evening; instead, eat carbs earlier in the day [humans process carbs less efficiently in the evening due to the circadian rhythm that controls our hormones]

5. Swap out high glycemic index carbs for low glycemic index carbs [see reverse]

6. Avoid snacking on carbohydrates (ex. crackers, chips, muffins, granola bars)

7. When decreasing carbohydrate intakes, replace carbs with healthy fats (olive oil) or healthy protein (legumes, nuts, seeds)

8. Try to always combine carbohydrates with fat or protein [this slows the rate of digestion]

9. Avoid eating large portions of carbohydrates, such as a meal comprised largely of a big bowl of rice or pasta. Instead, aim for balanced meals ideally comprised of 50% vegetables, 25% protein and 25% carbohydrates.

Healthy eating plate

½ Vegetables | ¼ Protein | ¼ Starch
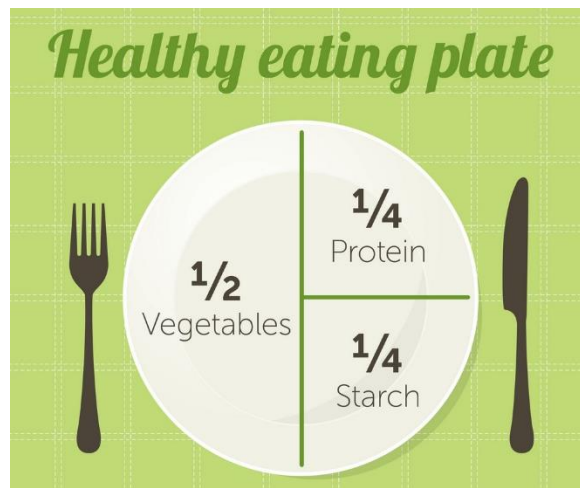
REFERENCES: Marsh et al, AJCN, 2010; McGrice et al, Nutrients, 2017; Li et al, J Tansl Med, 2021; Moghaddam et al, J Nutr, 2006.

The Glycemic Index

The glycemic index is a system for ranking carbohydrates according to their blood sugar raising potential. High glycemic index foods are rapidly digested/absorbed and thus produce a large spike in blood sugar. This provokes the release of a large amount of insulin. Lower glycemic index foods are digested/absorbed more slowly and require less insulin. Eating low glycemic index foods is healthier, aids weight loss, and decreases risk for diabetes & heart disease.

	Low Glycemic Index (<55)	Medium Glycemic Index (56-69)	High Glycemic Index (>70)
Breads	Buckwheat Bread - 47 Pumpernickel Bread - 50 Sourdough Rye Bread - 53	Rye Bread - 58 Barley Flour Bread - 67	Sourdough Wheat Bread - 70 White Bread - 70 White Bagel - 72 Kaiser Roll - 73 Wonder Bread - 73 Whole Grain Baguette - 73 Gluten Free Bread - 74 White Baguette - 95
Flatbreads	Roti - 45 Corn Tortilla - 49 Paratha - 53	Chapati - 63 Pita bread - 68	Naan Bread - 71
Rice	Parboiled/Converted Rice - 51 Wild Rice - 53 Brown Rice - 55	Long Grain Rice - 56 Basmati Rice - 58 White Rice - 64	Instant Rice - 70 Arborio - 70 Rice Porridge/Congee - 76 Jasmine Rice - 89 Sticky/Glutinous Rice - 98
Noodles	Mung Bean/Cellophane Noodles - 39 Soba Noodles - 46 Instant Noodles - 51 Buckwheat Noodles - 59	Rice/Vermicelli Noodles - 60 Udon Noodles - 62 Wheat Noodles - 62	
Pasta	Spaghetti, boiled 5 min - 38 Spaghetti, boiled 10 min - 44 Farfalle Pasta - 44 Whole Wheat Spaghetti - 45 Linguine - 47 Elbow Pasta - 47 Penne Pasta - 52 Lasagna Noodles - 53	Spaghetti, boiled 20 min - 61 Gnocchi - 68	
Commercial Cereals	All Bran - 42	Bran Buds - 58 Raisin Bran - 61 Mueslix - 66 Life - 66 Puffed Wheat - 67 Special K - 69	Froot Loops - 70 Grape Nuts - 71 Bran Flakes - 74 Cheerios - 74 Shredded Wheat - 75 Corn Pops - 80 Cornflakes - 81 Rice Crispies - 82
Grains	Barley - 30 Bulgur/Cracked Wheat - 48 Steel-Cut Oats - 52 Corn - 53 Quinoa - 53	Couscous - 65 Rolled Oat Porridge – 58 Popcorn - 62 Instant Oats - 66	
Potatoes & Tubers	Baked potato cooked than cooled - 49 Boiled sweet potatoes - 46	Steamed White Potato - 62 Boiled Yam - 62 French fries - 65	Fried Sweet Potato - 71 Boiled White Potato - 73 Mashed White Potatoes - 79 Baked White Potato - 83 Instant Mashed Potatoes - 84 Roasted Sweet Potato - 86

Source: Forster-Powell et al. 2002. International table of glycemic index and glycemic load values, AJCN,76:5-56. 2002 & Atkinson FS et al. 2021. International tables of glycemic index and glycemic load values, AJCN, 114(5):1625-1632.