

## HEALTHY EATING DR

### *fact not fiction*

I'm delighted you downloaded my fridge planner and nutrient checklist to use for women diagnosed with Polycystic Ovary Syndrome (PCOS).

I created this planner and check list to help give you a general frame work for nutritional needs. I know how difficult it can be to eat healthily, and also find credible dietary information related to PCOS. So the checklist was designed to help remind and guide you.

### *The Planner*

How you use the planner is entirely up to you, but I suggest writing out the name of your meals for the week, adding items you need to the shopping list, enabling you to be more organised. I recommend that you consider batch cooking, which can help reduce the pressure of daily cooking and food preparation.

### *The Checklist*

On page 3 is the meal planner and checklist combined. I'd suggest ticking off the checklist through the day to ensure that you are supporting your nutrient needs. If you would rather a simpler version without the planner, use page 4 as a weekly check instead. To make it as easy as possible, I've used average portion sizes so there shouldn't be any need to weigh your food.

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## *How to Use*

I recommend that you print this document A4 size, and then stick it to your fridge or noticeboard. For greater sustainability you could laminate or pop it in a poly pocket and wipe clean after use.

I created this planner and check list to help give you a general frame work for nutritional needs. However, this can't take the place of personalised nutrition advice, tailored to your individual health needs. If you have any specific health concerns or food allergies, you could take this along to discuss with your health care provider.

## *About Me*

Hi I'm Dr Harriet Holme, a Registered Nutritionist, specialising in nutrition science and evidence based nutrition. I studied medicine at the University of Cambridge and worked for over a decade as a paediatric doctor in the NHS. I completed a PhD in genetics from University College London before becoming a Registered Nutritionist with the Association of Nutrition. I now use these uniquely developed skills for the benefit of my clients and students, consulting as a Registered Nutritionist and lecturing in culinary science and nutrition.

## *What's Next*

I'm busy creating an playbook, (an electronic book), all about living with PCOS. There will be the latest science backed information about nutrition and PCOS along with some practical tips. As you are already signed up to my newsletter, you will be the first to know when it's launched!

women with polycystic ovarian  
syndrome (PCOS)

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping List
Breakfast								
Lunch								
Dinner								
<hr/>								
5 fruit/veg	<input type="checkbox"/>							
30g nuts	<input type="checkbox"/>							
30g fibre	<input type="checkbox"/>							
2-3 portions/ wk oily fish	<input type="checkbox"/>							
low fat (<30% of calories)	<input type="checkbox"/>							
10mcg vitamin D	<input type="checkbox"/>							
avoided snacking	<input type="checkbox"/>							
physical exercise	<input type="checkbox"/>							

## Physical Exercise

A number of scientific studies have found that physical exercise in women with PCOS has the following benefits:

- Improved menstrual regularity
- Increased ovulation rates
- Increased chance of pregnancy
- Improved lipid profiles
- decreased waist circumference
- lower systolic blood pressure
- reduced fasting insulin

More research is needed to determine the optimum intensity, duration and type of exercise.

A good benchmark for exercise would be to aim for:

- 30 minutes a day of
  - resistance training (twice per week)
  - aerobic exercise (three times per week)

Then where possible to increase to if a target is to lose weight:

- 60 minutes a day of
  - resistance training (twice per week)
  - aerobic exercise (three times per week)

## Vitamina D

To ensure you are eating 10mcg vitamin D a day include these foods or consider taking a supplement:

- 100g salmon -10-18mcg
- 100g canned tuna -5-6mcg
- 250mls (1 cup) whole cow's milk -3mcg
- 1 egg -1mcg

## Fibre

To ensure you are eating 30g fibre a day include these fibre rich foods:

- 2 slices wholemeal bread -5g
- 150g wholemeal spaghetti -5g
- 50g porridge -5g
- medium baked potato -5g
- 80g raspberries -2.5g
- apple -2g
- banana 2g
- 100g (3 spears) broccoli boiled -2.3g
- 100g boiled carrots -2.5g
- 30g almonds -2g
- 100g chickpeas -4-5g
- 100g boiled peas -4.5g
- 80g baked beans (in tomato sauce) -3g

## Carbohydrates

Diets with reduced carbohydrates have been associated with improved short-term control of blood sugar.

Low carbohydrate diets that replace carbs with animal fat have been associated with higher risk of mortality. While those that replace with plant-based fat have been associated with a lower mortality and cardiovascular risk.

Aim for whole grain carbohydrates such as:

- brown rice
- brown bread
- oats
- buckwheat
- bulgur wheat
- spelt
- millet

## References

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