

*Module 8, Lesson 3 Tool:*  
**PCOS Important Facts**

Polycystic Ovarian Syndrome (PCOS) is a fairly common condition among women. It's the leading cause of infertility in the U.S. and though it's characterized by cystic ovaries, the condition is not just linked to the ovaries and reproductive system. It's also linked to insulin resistance, endometrial cancer, cardiovascular disease and depression.

**Signs & Symptoms of PCOS**

- Infrequent, irregular and heavy painful periods
- Excess facial and body hair
- Male pattern baldness
- Acne
- Enlarged ovaries with excess follicles

**Side Effects of PCOS**

- Infertility
- Gestational diabetes
- Miscarriages and premature births
- Metabolic syndrome
- Type 2 diabetes
- Sleep apnea
- Depression
- Uterine bleeding
- Endometrial cancers

**Dietary Recommendations with PCOS**

- Whole, minimally processed foods
- High fiber foods such as vegetables and whole grain starches
- Fatty fish including salmon, sardines and mackerel
- Dark green leafy vegetables
- Dark red fruits, such as red grapes, blueberries, blackberries and cherries
- Cruciferous vegetables like broccoli and cauliflower
- Beans, lentils, and other legumes

- Healthy fats such as olive oil, avocados, chia, flax, nuts and seeds (including pine nuts, walnuts, almonds and pistachios)
- Dark chocolate or cacao powder
- Ginger, garlic, turmeric and cinnamon
- Limit foods with added sugar, sweets and refined carbohydrates as much as possible