





- Use a smaller plate – our eyes are often bigger than our stomachs!
- Eat carbohydrates smartly
 - Choose complex, fiber-rich choices, looking for **whole grains** on the label
 - Enjoy low glycemic index (GI) foods, like berries and cucumbers
 - Avoid sugary and refined foods, like baked goods, potato chips, and sugar-sweetened beverages

 Complex Carbohydrates – Low GI	Simple/Refined Carbohydrates – High GI
Fiber-rich whole grains! • Whole wheat breads • Old fashioned oats, high-fiber cereals • Whole wheat pasta, quinoa, brown rice, amaranth, millet, buckwheat, spelt... Whole fruit, like apples, berries, grapes, oranges, peaches, and plums Non-starchy vegetables, like leafy greens, cucumbers, celery, carrots, radishes, asparagus, broccoli, green beans, zucchini, and cauliflower	• White breads, bagels, and muffins • Processed snack foods and baked goods • Juice, soda, and other sugar-sweetened beverages • Sugars (white and brown, honey, corn syrup, agave)

- Eat a lean protein with all meals and snacks – this helps prevent blood sugar spikes!
 - Such as low fat cheese + apple slices for a snack or a grilled chicken salad for dinner
- Focus on plants, making HALF YOUR PLATE non-starchy vegetables
- Aim for 3 meals and 2 snacks OR 5 small meals each day
- Try to increase your vitamin D by eating vitamin D-rich foods each day and getting out into the sunshine for at least 30 minutes!
 - Such as salmon, tuna fish, eggs, fortified cereals, fortified milk and soy milk
- Choose healthy fats

"Never" Foods	"Sometimes" Foods	"Always" Foods 	
Trans fats	Saturated fats	Unsaturated fats	
		Polyunsaturated	Monounsaturated
• Hydrogenated oils, margarines • Shortening	• Animal products (meats, processed meats, cheese, butter, cream, mayonnaise) • Some plant oils (coconut oil, palm oil, cocoa butter)	• Soybean, corn, and flax oils • Flax seeds • Walnuts • Fatty fish (salmon, tuna, trout)	• Olive peanut, safflower, canola, and sunflower oils • Avocado • Nuts and seeds

- Practice reading nutrition labels

Serving Size: Serving size equals one serving of the product. All the other nutrient values listed on the label are based on this amount.

Servings per Container: How many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

Calories (total): Calories are a unit of energy that come from carbohydrates, protein and fat. Calories give us energy so we can think and be active.

Calories from Fat: The amount of calories that come from fat. It's not the percent of fat in the food.

% Daily Value: The percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a nutrient is an excellent source; however, for some nutrients such as fat, sodium, and cholesterol, the lower the percent, the better.

Total Fat: Fat is essential for our bodies. There are 4 kinds of fat. Monounsaturated and polyunsaturated fat are the kinds of fat that are healthy for the heart.

Trans Fat: *Trans* fat is unhealthy for your heart, and should be avoided.

Cholesterol: Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Sodium: Sodium is the amount of salt in the serving of food. People with high blood pressure are often told to follow a low sodium diet.

Total Carbohydrate: Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label. If counting carbohydrates for insulin administration and diabetes management, total carbohydrates are an important number to consider. Total carbohydrate content includes the grams of sugar, so there is no need to add these together.

Dietary Fiber: Helps with digestion and keeps you full between meals.

Sugars: Are important for instant energy, but eating too much added sugar can be unhealthy.

Protein: This nutrient is used to build muscle and fight infections.

Vitamins and Minerals (A, C, Calcium, Iron): The percent (%) Daily Value for vitamin A, vitamin C, calcium, and iron you are getting from a serving of this product. Other vitamins and minerals may be included in this section.

Adapted from The Center for Young Women's Health

Start Here
Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Quick Guide to % Daily Value
5% or less is low
20% or more is high

Footnotes

Nutrition Facts	
Serving Size ½ cup (114g) Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

So, How Do I Do It?

Really, it is all about balance – a balance of protein, complex carbohydrates, healthy fats, and those colorful fruits and vegetables. Check out the D.A.S.H. Diet for more information.

GREEN LIGHT FOODS: Daily intake of whole grains, fruits and vegetables, lean proteins, healthy fats, and low fat dairy products

RED LIGHT FOODS: Limiting red meat, processed foods, refined sugars/grains, and unhealthy saturated and trans fats.

Here is a sample daily food plan for a teenage female:

Breakfast:

¾ cup multigrain cheerios
1 tablespoon of sliced almonds
A sprinkle of cinnamon
½ cup low fat milk or plain soymilk
¾ cup sliced strawberries

Lunch:

Turkey, lettuce, tomato, and low fat cheese rolled into a 10" whole grain tortilla
1 tsp mustard or olive oil-based mayo
1 cup baby carrots and broccoli
2 tablespoons hummus

Afternoon Snack:

1 tablespoon of peanut/nut butter
½ banana or 1 small apple

Dinner:

1 small baked sweet potato, palm-sized
Grilled chicken, a palm-sized portion
1 cup of steamed mixed vegetables, drizzled with olive oil

Evening Snack:

1 cup frozen grapes
2 tablespoons vanilla yogurt

** Snacks should fit in one palm.

** Beverages: Stick with water, coffee or tea with a teaspoon or less of sugar or artificial sweetener, unsweetened iced tea, or flavored seltzer waters. Limit sugar-sweetened beverages, such as sports drinks, fruit juice, regular soda, and sweet tea.



Center for Young Women's Health of Boston Children's Hospital
www.youngwomenshealth.org

PCOS Network www.PCOSnetwork.com

PCOS Nutrition www.PCOSnutrition.com

PCOS Foundation www.pcosfoundation.org

Project PCOS www.projectPCOS.org

PCOS Challenge www.PCOSchallenge.com

GirlsHealth.gov <http://www.girlshealth.gov/body/reproductive/pcos.html>

American Diabetes Association (ADA) www.diabetes.org

DASH Diet <http://dashdiet.org/default.asp>