

Nutritional Management of PCOS: Evidence-Based Dietary Recommendations

Somayeh Ebrahimi*

Department of Nutrition, University of Tehran, Tehran, Iran

DESCRIPTION

Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder affecting women of reproductive age, characterized by symptoms such as irregular menstrual cycles, hyperandrogenism (excess male hormones) and insulin resistance. Nutritional management plays a pivotal role in addressing these symptoms and improving overall health outcomes in women with PCOS. This discuss the evidence-based dietary recommendations for managing PCOS and how nutritional strategies can contribute to symptom relief and long-term health benefits.

Insulin resistance is a central feature of PCOS, leading to elevated insulin levels and contributing to the syndrome's symptoms. Improved insulin sensitivity can help reduce androgen levels, normalize menstrual cycles and moderate other PCOS-related issues. Many women with PCOS are overweight or obese, which exacerbates insulin resistance and worsens symptoms. Nutritional strategies aimed at weight management can enhance insulin sensitivity and reduce the risk of developing type 2 diabetes and cardiovascular diseases. Dietary interventions can influence androgen levels, which play a role in symptoms such as acne, hirsutism and alopecia. Balanced nutrition helps regulate hormone levels and ease these symptoms. Nutritional management can contribute to the normalization of menstrual cycles by improving overall metabolic health and supporting hormonal balance. The Glycemic Index measures how quickly a food raises blood glucose levels. A low-GI diet includes foods that have a gradual impact on blood sugar, which can help improve insulin sensitivity and reduce insulin levels. Focus on whole grains, legumes, non-starchy vegetables and fruits with low GI values. Examples include quinoa, lentils, leafy greens, berries and apples. Carbohydrates should be consumed in moderation, with an emphasis on complex carbohydrates that have a lower impact on blood sugar levels. Reducing refined sugars and high-GI foods can help manage insulin resistance. Adequate protein intake supports muscle mass and helps regulate appetite. Lean sources of protein, such as poultry, fish, legumes and low-fat dairy, are recommended. Healthy fats, such as those found in avocados, nuts, seeds and olive oil, can support overall health and hormone production. Omega-3 fatty acids, found in fatty fish like salmon, have anti-inflammatory properties that may benefit PCOS management. Chronic low-grade inflammation is associated with PCOS and can exacerbate insulin resistance. An anti-inflammatory diet may help alleviate symptoms and improve overall health. Include foods rich in antioxidants and anti-inflammatory compounds, such as fruits (e.g. berries, cherries), vegetables (e.g. spinach, kale), nuts, seeds and fatty fish. Turmeric and ginger are also known for their anti-inflammatory properties. Regular meal timing and portion control can help regulate blood sugar levels and manage insulin sensitivity. Skipping meals or consuming large portions can lead to blood sugar spikes and worsen insulin resistance. Aim for regular, balanced meals and snacks throughout the day. Small, frequent meals can help maintain stable blood sugar levels and prevent overeating. Many women with PCOS have low levels of vitamin D, which can impact insulin sensitivity and overall metabolic health. Vitamin

*Corresponding Author:

Somayeh Ebrahimi,
Department of Nutrition, University
of Tehran, Tehran, Iran.
E-mail: ebrahimi_s@sina.ac.ir

How to Cite This Article:

Ebrahimi S. Nutritional Management
of PCOS: Evidence-Based Dietary
Recommendations. *J Evid Based
MedHealthc* 2024;11(03):1-2.

Received: 26-August-2024;
Manuscript No: JEBMH-24-147194;
Editor assigned: 28-August-2024;
PreQC No. JEBMH-24-147194 (PQ);
Reviewed: 12-September-2024; QC
No. JEBMH-24-147194; Revised:
20-September-2024; Manuscript No.
JEBMH-24-147194 (R); Published:
27-September-2024; DOI:
10.18410/jebmh/2024/11/03/124.

Copyright © 2024 Ebrahimi S. This
is an open access article distributed
under Creative Commons Attribution
License [Attribution 4.0 national (CC
BY 4.0)]

D supplementation may be beneficial for improving insulin sensitivity and reducing symptoms. Omega-3 supplements, such as fish oil, have anti-inflammatory effects and may help improve insulin sensitivity and reduce androgen levels.

High caffeine intake may exacerbate symptoms in some women with PCOS, potentially affecting insulin sensitivity and hormonal balance. Moderation is recommended. Excessive alcohol consumption can negatively impact metabolic health and exacerbate insulin resistance. Limiting alcohol intake is advisable. Nutritional management is an essential component of treating

Polycystic Ovary Syndrome (PCOS) and addressing its associated symptoms. Evidence-based dietary recommendations, including a low glycemic index diet, balanced macronutrient distribution, anti-inflammatory foods, regular meal timing and appropriate supplementation, can significantly improve insulin sensitivity, hormonal balance and overall health. Personalized nutrition plans and ongoing support are essential for achieving optimal outcomes. By integrating these dietary strategies, women with PCOS can better manage their symptoms and enhance their quality of life.