

Besides targeted medical treatments and interventions, diet and lifestyle factors are the most common way of managing symptoms of PCOS.

Dietary recommendations

1. Balance your plate

Aim for a combination of lean protein, healthy fats, and fibre-rich carbohydrates at every meal to support blood sugar balance.

2. Choose low-glycaemic foods

Foods that have a lower impact on blood sugar levels (e.g. whole grains, legumes, non-starchy vegetables) help manage insulin resistance, a common issue in PCOS.

3. Increase fibre intake

Fibre (found in vegetables, whole grains, nuts and seeds) helps regulate digestion and blood sugar levels.

4. Consume healthy fats

Avocados, nuts, seeds, olive oil and chia seeds provide healthy fats with anti-inflammatory benefits.



5. Reduce processed foods and sugars

Minimise sugary beverages, sweets and refined carbs, as they can worsen insulin resistance and hormone imbalances.

6. Stay hydrated

Drinking plenty of water helps support metabolism and overall health. Aim for at least 2 litres of purified water per day.

7. Consider anti-inflammatory foods

Turmeric, ginger, leafy greens, and berries may help reduce inflammation associated with PCOS.



Lifestyle advice

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| + Engage in regular exercise | Combining strength training and cardiovascular exercises can help manage weight, insulin levels and stress. |
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| + Get good quality sleep | Aim for 7-9 hours of quality sleep per night to support hormone regulation, a decrease in cortisol, balanced blood sugars and overall wellbeing. |
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| + Manage stress | High stress can worsen PCOS symptoms. Try relaxation techniques such as meditation, deep breathing or journaling. |
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| + Maintain a healthy weight | Even modest weight loss (5-10% of body weight) can significantly improve PCOS symptoms. |
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| + Monitor your cycle | Keeping track of menstrual cycles can help you and your doctor / therapist monitor changes and effectiveness of your management plan. |
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| + Avoid endocrine disruptors | Reduce exposure to environmental toxins found in plastics, non-stick cookware and certain cosmetics, which can interfere with hormone balance. Use glass and stainless steel cookware where possible. Choose cleaning products that are naturally derived and check the label of your cosmetics. Invest in natural products where possible. |