

# Polycystic Ovary Syndrome (PCOS) in Teens

**You're not alone.** You may have other family members have similar concerns or who have been diagnosed with PCOS.

**Knowing the risks.** Women with PCOS are at increased risk for type 2 diabetes, sleep apnea, depression, anxiety, fatty liver, high blood pressure, high blood fats, and certain cancers.

### Common symptoms:

- irregular periods
- hirsutism (unwanted face/body hair growth)
- infertility
- pelvic pain
- acne/oily skin
- obesity
- alopecia (hair loss/thinning or baldness)

**Calorie-controlled diets and low glycemic index diets have been found to be the most effective in managing weight and PCOS.**

**See the next page for healthy meal and snack ideas.**

### Taking Care of Your Body

Losing weight and increasing your physical activity are the most effective lifestyle changes you can make to help manage PCOS and its symptoms. Losing 5% to 10% of your weight can improve menstrual regularity. (To calculate what 10% of your weight is, multiply your weight by .10. Example: 150 x .10 = 15 lbs.) Obese women with PCOS don't burn as many calories; this causes them to gain weight much more easily, even with an "average" caloric daily intake.

### Getting Started

**1. Exercise daily.** This can be brisk walking, swimming, biking, dancing, or using fitness equipment such as a treadmill. Aim for 10–15

minutes at first, gradually increasing to 60 minutes each day to achieve weight loss. Remember, some exercise is always better than no exercise!

**2. Avoid sugary beverages.** These include 100% juice, sports drinks, energy drinks, soda, lemonade, Kool-Aid, anything that has contain sugar. These drinks raise your blood sugar and add lots of extra calories that can prevent you from losing weight. Choose plain water, seltzer water, unsweetened tea/coffee, and fat-free or 1% milk to keep yourself hydrated and nourished.

**3. Don't skip meals.** Three small meals with healthy snacks in between are best to maintain normal blood sugar levels throughout the day. Skipping meals usually leads to overeating later in the day when you are really hungry!

**4. Tailor your diet to what YOUR body needs.** For teens with PCOS, research shows that a lower calorie diet (around 1,200–1,500 calories/day) of lower glycemic index (GI) foods works best to decrease symptoms, reduce risk for other medical conditions and cause weight loss. Some examples of low GI foods include: 100% whole grain bread, rolled oats, pinto beans, colorful vegetables, eggs, apples, and strawberries. The menu on the next page lists more low GI foods.

**5. Eat adequate—not excessive—lean protein.** You should try to eat about 55-65 grams of protein each day. Aim to eat about 10-15 grams at each main meal to feel satisfied and stay within your calorie level. Some lean protein sources are egg whites, chicken/turkey breast, tofu, and Greek yogurt.

**6. Lose weight at a healthy pace.** Teen girls can safely lose about 1–2 pounds each week by following a healthy plan of nutrition and exercise. Using a food and exercise tracking app, such as Lose It!, MyFitnessPal, or SparkPeople, can help you stay on track.

## Meal & Snack Ideas

	Breakfast	Lunch	Dinner
Day 1	1 slice whole grain bread with 1 T all-natural nut butter 1 small apple 1 cup 1% milk	1 Flatout® bread or whole wheat tortilla 2 oz. turkey breast 1 slice low-fat cheese 1/8 <sup>th</sup> avocado Carrots/cucumber/tomato Small peach or plum	3 oz. grilled pork chop Medium baked sweet potato Fresh green salad 1 T light dressing
Day 2	2 scrambled eggs ½ whole wheat English muffin Salsa to taste 1 cup of strawberries	3 oz. grilled chicken breast 1 whole wheat bun Spinach/tomato/pepper Mustard Fresh small pear or apple	1 cup cooked whole wheat pasta 3 oz. ground turkey breast or 93% lean ground beef and ½ cup marinara sauce Side green salad with 1 T light dressing
Day 3	6 oz. plain Greek yogurt with ¼ cup low-fat granola 1 cup blueberries 1 T of almonds and light drizzle of honey	2-3 cups salad made with romaine/spinach, tomato, cucumber, peppers, carrots, 1/8 <sup>th</sup> avocado 2 oz. water-packed tuna Balsamic/red wine/rice vinegar as dressing 6 Triscuits®	1 cup vegetable-fried rice made with brown rice, broccoli, bell peppers, mushrooms, snow peas, topped with 3 oz. lean grilled meat such as shrimp, steak, or chicken breast
Day 4	¾ cup Kashi GoLean® cereal 1 cup 1% milk ½ banana, sliced	1 whole wheat mini bagel with 2 oz. ham and 1 slice low-fat cheese 1 cup raw veggies with 2 T Greek yogurt-based Ranch dip, 17 grapes	3 oz. chicken fajitas with grilled onions, bell peppers, yellow squash; salsa to taste 2 small whole wheat or soft corn tortillas
Day 5	Homemade smoothie: 1 cup almond milk, 6 oz. plain Greek yogurt, 1 cup of mixed berries 1 slice whole wheat toast 1 tsp butter	1 hardboiled egg 1 stick string cheese 12 oz. low-sodium V8® or vegetable juice 2 T hummus with 15 corn tortilla chips	Homemade burrito: 3 oz. cooked (93% lean) beef or ground turkey breast; top with: lettuce, tomato, onion and salsa in 1 whole wheat burrito tortilla

### Snacks (100-200 calories each)

For 1200 calories/day, add one snack. For 1500 calories/day, add two snacks.

- 1 small orange and 1 oz. low-fat cheese
- 1 high-fiber granola bar
- 1 hardboiled egg and 5 Triscuits®
- 2 T hummus and raw veggies
- 15 corn chips and ½ cup salsa
- ¼ cup trail mix
- 3 cups low-fat popcorn & 1 tsp parmesan cheese
- 1 cup berries and 10 almonds

Note: T = tablespoon, tsp = teaspoon