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Professional Certificate in Specialist PCOS Nutrition

## Introduction to PCOS Nutrition

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Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder that affects people with ovaries of reproductive age. It is characterized by irregular menstrual cycles, high levels of androgens (male hormones) in the body, and the presence of cysts on the ovaries. Nutrition plays a crucial role in managing PCOS symptoms and improving overall health. In the course "Professional Certificate in Specialist PCOS Nutrition," participants will learn about the specific dietary strategies and lifestyle modifications that can help individuals with PCOS manage their symptoms and improve their quality of life.

### Glossary of Terms

#### 1. Androgens

Related Terms: Testosterone, DHEA-S

Androgens are male hormones that are present in both males and females, but in different levels. In people with PCOS, high levels of androgens can lead to symptoms such as acne, hirsutism (excessive hair growth), and male-pattern baldness.

#### 2. Basal Metabolic Rate (BMR)

Related Terms: Metabolism, Caloric Intake

Basal Metabolic Rate (BMR) is the number of calories your body needs to maintain basic functions at rest. Knowing your BMR can help you determine how many calories you should consume to maintain, lose, or gain weight.

#### 3. Carbohydrates

Related Terms: Simple Carbohydrates, Complex Carbohydrates

Carbohydrates are the body's main source of energy. They are found in foods like bread, pasta, rice, fruits, and vegetables. Choosing complex carbohydrates over simple carbohydrates can help stabilize blood sugar levels in individuals with PCOS.

#### 4. Dietary Fiber

Related Terms: Soluble Fiber, Insoluble Fiber

Dietary fiber is a type of carbohydrate that the body cannot digest. Fiber helps regulate bowel movements, lower cholesterol levels, and control blood sugar levels. Including fiber-rich foods in your diet can help manage PCOS symptoms.

#### 5. Estrogen

Related Terms: Estradiol, Estriol

Estrogen is a hormone that plays a key role in the menstrual cycle and reproductive health. In people with PCOS, imbalances in estrogen levels can contribute to irregular periods and other symptoms.

## 6. Glycemic Index (GI)

Related Terms: Glycemic Load, Blood Sugar Levels

The Glycemic Index (GI) is a measure of how quickly a carbohydrate-containing food raises blood sugar levels. Foods with a low GI are digested and absorbed more slowly, leading to more stable blood sugar levels. Managing the GI of foods can help individuals with PCOS control their insulin levels.

## 7. Hormones

Related Terms: Insulin, Leptin, Ghrelin

Hormones are chemical messengers that regulate various bodily functions, including metabolism, growth, and reproduction. Imbalances in hormones, such as insulin resistance, can contribute to PCOS symptoms.

## 8. Insulin Resistance

Related Terms: Glucose, Diabetes

Insulin resistance occurs when the body's cells do not respond properly to insulin, leading to elevated blood sugar levels. Insulin resistance is common in people with PCOS and can contribute to weight gain, high cholesterol, and other health issues.

## 9. Macronutrients

Related Terms: Protein, Fat, Carbohydrates

Macronutrients are the main components of food that provide energy and are necessary for proper body function. Balancing macronutrient intake can help individuals with PCOS manage their weight and improve their overall health.

## 10. Micronutrients

Related Terms: Vitamins, Minerals

Micronutrients are essential nutrients that the body needs in small amounts to function properly. Adequate intake of micronutrients, such as vitamins and minerals, is important for managing PCOS symptoms and supporting overall health.

## 11. Omega-3 Fatty Acids

Related Terms: Fish Oil, EPA, DHA

Omega-3 fatty acids are essential fats that are important for brain function, heart health, and reducing inflammation in the body. Including sources of omega-3 fatty acids in your diet can help manage inflammation and insulin resistance in individuals with PCOS.

## 12. Polycystic Ovary Syndrome (PCOS)

Related Terms: Ovaries, Hormones

Polycystic Ovary Syndrome (PCOS) is a hormonal disorder that affects people with ovaries of reproductive age. Common symptoms of PCOS include irregular periods, high levels of androgens, and ovarian cysts. Nutrition and lifestyle modifications are key components of managing PCOS.

## 13. Protein

Related Terms: Amino Acids, Lean Protein

Protein is an essential macronutrient that is important for building and repairing tissues in the body.

Including sources of protein in your diet can help regulate blood sugar levels, promote satiety, and support muscle growth in individuals with PCOS.

#### 14. Resistance Training

Related Terms: Strength Training, Muscle Mass

Resistance training is a form of exercise that involves using resistance, such as weights or resistance bands, to build strength and muscle mass. Incorporating resistance training into your fitness routine can help improve insulin sensitivity and support weight management in individuals with PCOS.

#### 15. Vitamins

Related Terms: Vitamin D, Vitamin B12

Vitamins are essential micronutrients that play key roles in various bodily functions, such as immune function, bone health, and energy production. Adequate intake of vitamins through a balanced diet or supplements can help individuals with PCOS maintain optimal health.

#### 16. Whole Foods

Related Terms: Processed Foods, Nutrient-Dense Foods

Whole foods are foods that are minimally processed and contain natural nutrients. Choosing whole foods over processed foods can help individuals with PCOS improve their nutrient intake, control blood sugar levels, and support overall health.