

Meal Assessment Worksheet

Healthy eating for PCOS includes the following guidelines:

- Eating small meals and snacks every few hours instead of eating large meals.
- Including a balance of carbohydrates, protein, and fat with meals and snacks.
- Choosing high fiber carbohydrates including whole grains (instead of refined grains), fruits, and vegetables.
- Choosing healthy fats (instead of saturated or *trans* fats).
- Limiting sugar–sweetened drinks, refined grains, and sugary treats.

You can photocopy and use the Meal Assessment Worksheet located on the following page to help you follow these guidelines. Write down everything you eat on the worksheet, and review it at the end of the day. Look at the boxes that are checked "No". What could you eat next time to make it a "Yes"? Make a shopping list of foods that will help you stick to your healthy eating plan. If you're eating large portions, try eating smaller portions every few hours and brainstorm about healthy snack ideas for in between meals. The more you practice PCOS–friendly eating, the easier it will become.

Meal Assessment Worksheet

Time of meal or snack	Foods eaten	Amount eaten	Did I eat healthy portions?	Did I include some carbs, protein, & fat?	Did I choose mostly high fiber carbs?	Did I include healthy fats?	Did I limit my intake of sugary foods & drinks?
			<input type="checkbox"/> Yes <input type="checkbox"/> No				
			<input type="checkbox"/> Yes <input type="checkbox"/> No				
			<input type="checkbox"/> Yes <input type="checkbox"/> No				
			<input type="checkbox"/> Yes <input type="checkbox"/> No				
			<input type="checkbox"/> Yes <input type="checkbox"/> No				