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.
<table>
<thead>
<tr>
<th>Time of meal or snack</th>
<th>Foods eaten</th>
<th>Amount eaten</th>
<th>Did I limit my intake of sugary foods &amp; drinks?</th>
<th>Did I include healthy fats?</th>
<th>Did I choose mostly high fiber carbs?</th>
<th>Did I include some carbs, protein, &amp; fats?</th>
<th>Did I eat healthy portions?</th>
<th>Did I include healthy fats?</th>
<th>Did I choose mostly high fiber carbs?</th>
<th>Did I include some carbs, protein, &amp; fats?</th>
<th>Did I eat healthy portions?</th>
<th>Did I limit my intake of sugary foods &amp; drinks?</th>
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