

IDEAL Indian Anti-Inflammatory Diet

Managing PCOS through Nutrition & Traditional Wisdom

Polycystic Ovary Syndrome (PCOS) is often linked to low-grade chronic inflammation. An Indian anti-inflammatory diet focuses on whole grains, antioxidant-rich spices, and plant-based proteins to balance hormones and improve insulin sensitivity.

EAT MORE Power Foods

- **Complex Carbs:** Steel-cut oats, red rice, jowar, bajra, and ragi (Nachni).
- **Anti-Inflammatory Spices:** Turmeric (Haldi) with black pepper, ginger, garlic, and cinnamon (Dalchini).
- **Healthy Fats:** Walnuts, flaxseeds (Alsi), chia seeds, and limited use of cold-pressed oils.
- **Fiber-Rich Veggies:** Spinach, fenugreek (Methi), broccoli, and bitter melon (Karela).

REDUCE Inflammatory Triggers

- **Refined Carbs:** Maida (white flour), white bread, and white rice.
- **Sugary Sins:** Indian sweets (Mithai), soda, and packaged juices.
- **Processed Foods:** Biscuits, namkeen, and instant noodles.
- **Dairy Overload:** If sensitive, reduce milk intake; opt for homemade probiotic curd or buttermilk (Chaas).

Daily Anti-Inflammatory Habits

1. The Morning Tonic: Start your day with warm water, a pinch of cinnamon, or soaked fenugreek (Methi) seeds to help with insulin resistance.

2. Colorful Plates: Aim for at least two colors of vegetables in every major meal (e.g., green leafy vegetables + orange carrots).

3. Protein Pairing: Always pair carbohydrates with protein (like dal, sprouts, or eggs) to prevent blood sugar spikes.

Disclaimer: This guide is for educational purposes. Consult a registered dietitian or your healthcare provider to create a personalized plan tailored to your specific PCOS profile.