PCOS Diet Chart PDF: 42 Simple Foods, Free Printable

Free printable. Full guide and tips: https://betterlifecarez.com/pcos-diet-chart-pdf/

Your PCOS Diet Chart PDF: 42 Foods at a Glance

Legend: values are approximate per serving, rounded, from USDA FoodData Central. Cal = calories; g = grams. Rows run from the most protein or fiber to the least.

Build Your Plate

- **Half the plate:** non-starchy vegetables.
- **One quarter:** a lean protein or tofu.
- **One quarter:** whole grains, beans or starchy vegetables.
- **Add a small portion:** of healthy fat.
- **Save fruit:** for a snack or dessert, where it works well.

Lean Proteins (sorted by protein)

Food	Serving	Cal	Protein	Carbs	Fiber
Chicken breast, roasted	3 oz	140	26 g	0 g	0 g
Turkey breast, roasted	3 oz	125	25 g	0 g	0 g
Canned tuna in water	3 oz	100	22 g	0 g	0 g
Firm tofu	1/2 cup	180	22 g	4 g	3 g
Salmon, cooked	3 oz	175	19 g	0 g	0 g
Plain nonfat Greek yogurt	6 oz	100	17 g	6 g	0 g
Eggs, large	2 eggs	145	12 g	1 g	0 g

Beans, Lentils and Soy (sorted by fiber)

Food	Serving	Cal	Protein	Carbs	Fiber
Lentils, cooked	1/2 cup	115	9 g	20 g	8 g
Split peas, cooked	1/2 cup	115	8 g	21 g	8 g
Pinto beans, cooked	1/2 cup	120	8 g	22 g	8 g
Black beans, cooked	1/2 cup	115	8 g	20 g	7 g
Kidney beans, cooked	1/2 cup	110	8 g	20 g	6 g
Chickpeas, cooked	1/2 cup	135	7 g	22 g	6 g
Edamame, shelled	1/2 cup	95	9 g	7 g	4 g

Non-Starchy Vegetables (sorted by fiber)

Food	Serving	Cal	Protein	Carbs	Fiber
Broccoli, cooked	1 cup	55	4 g	11 g	5 g
Brussels sprouts, cooked	1 cup	55	4 g	11 g	4 g
Green beans, cooked	1 cup	45	2 g	10 g	4 g
Cauliflower, cooked	1 cup	30	2 g	5 g	3 g
Red bell pepper, raw	1 cup	40	1 g	9 g	3 g
Spinach, cooked	1/2 cup	20	3 g	3 g	2 g
Zucchini, cooked	1 cup	25	2 g	5 g	2 g

Whole Grains and Starchy Vegetables (sorted by fiber)

Food	Serving	Cal	Protein	Carbs	Fiber
Rolled oats, dry	1/2 cup	150	5 g	27 g	4 g
Sweet potato, baked	1 medium	105	2 g	24 g	4 g
Barley, cooked	1/2 cup	95	2 g	22 g	3 g
Whole wheat pasta, cooked	1/2 cup	85	4 g	19 g	3 g
Quinoa, cooked	1/2 cup	110	4 g	20 g	3 g
Brown rice, cooked	1/2 cup	110	2 g	22 g	2 g
Whole wheat bread	1 slice	80	4 g	14 g	2 g

Fruits (sorted by fiber)

Food	Serving	Cal	Protein	Carbs	Fiber
Raspberries	1 cup	65	1 g	15 g	8 g
Blackberries	1 cup	60	2 g	14 g	8 g
Pear	1 medium	100	1 g	27 g	6 g
Apple	1 medium	95	0 g	25 g	4 g
Blueberries	1 cup	85	1 g	21 g	4 g
Orange	1 medium	60	1 g	15 g	3 g
Strawberries	1 cup	50	1 g	12 g	3 g

Healthy Fats, Nuts and Seeds (sorted by fiber)

Food	Serving	Cal	Protein	Carbs	Fiber
Chia seeds	1 oz (2 tbsp)	140	5 g	12 g	10 g
Ground flaxseed	2 tbsp	75	3 g	4 g	4 g
Almonds	1 oz	165	6 g	6 g	4 g
Avocado	1/3 medium	80	1 g	4 g	3 g
Walnuts	1 oz	185	4 g	4 g	2 g
Pumpkin seeds, hulled	1 oz	160	9 g	3 g	2 g
Extra-virgin olive oil	1 tbsp	120	0 g	0 g	0 g

Tip: pair any carb row with a protein or fat row at each meal.