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Hunger & Fullness Scale

Use this chart to rate your hunger (before meals) and fullness (after meals).

OVERLY HUNGRY	1	PAINFULLY HUNGRY, "STARVING", SHAKY, IRRITABLE, FAINT
	2	VERY HUNGRY, DISTRACTED, HEADACHE
HUNGER & FULLNESS SWEET SPOT	3	HUNGRY AND READY TO EAT
	4	STARTING TO FEEL HUNGRY, STOMACH IS GROWLING
	5	NEUTRAL - NOT HUNGRY OR FULL
	6	NOT HUNGRY ANYMORE, SLIGHTLY FULL
	7	SATISFIED AND COMFORTABLE
OVERLY FULL	8	SLIGHTLY UNCOMFORTABLE, FULL
	9	UNCOMFORTABLY FULL
	10	FEEL SICK, "STUFFED", PAINFULLY FULL

*ADAPTED FROM THE INTUITIVE EATING WORKBOOK. INTUITIVE EATING WAS FOUNDED BY EVELYN TRIBOLE MS RDN AND ELYSE RESCH MS RDN

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Low FODMAP Food List

This is a list of low FODMAP foods. Remember, **"low" does not mean that they contain "no" FODMAPs**, so consider the serving size for each food. This is not a complete list, consult the Monash app for more foods + serving sizes!

Vegetables

- Arugula
- Bean sprouts
- Bell pepper
- Bok choy
- Broccoli
- Carrots
- Collard greens
- Cucumber
- Eggplant
- Endive
- Ginger root
- Green beans
- Kale
- Leeks (greens, not the white part or bulb)
- Lettuce
- Olives
- Oyster mushrooms
- Parsnip
- Potato (white)
- Radish
- Rutabega
- Scallion (greens, no white part or bulb)
- Seaweed (nori)
- Spinach
- Swiss chard
- Tomato
- Turnip
- Zucchini (<1/2 cup)

Herbs

- Basil
- Chives
- Cilantro
- Mint
- Parsley
- Rosemary
- Thyme

Fruit

- Avocado (1/8 avocado)
- Banana (small, unripe)
- Blueberries
- Cantaloupe
- Clementine
- Dragonfruit
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Mandarin orange
- Orange
- Pineapple
- Plantain
- Raspberries
- Star fruit
- Strawberries
- Tangelo

Dairy & alternatives

- Almond milk
- Brie/camembert cheese
- Feta cheese
- Hard or aged cheeses (cheddar colby, goat, havarti, mozzarella, parmesan)
- Lactose-free cottage cheese
- Lactose-free milk
- Lactose-free ice cream
- Lactose-free sour cream
- Lactose-free yogurt
- Soy milk (made from soy protein)

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Protein foods

- Beef
- Chicken
- Chickpeas (canned, 1/4 cup rinsed and drained)
- Edamame (1/2 cup soybeans only)
- Eggs
- Firm tofu
- Fish
- Lamb
- Lentils (canned, 1/2 cup rinsed and drained)
- Pork
- Shellfish
- Tempeh (plain)
- Tuna (canned)

Grains

- Buckwheat (1/8 cup cooked)
- Corn flakes (1/2 cup)
- Corn pasta
- Corn tortillas
- Millet
- Oats

*Remember, gluten-free does not mean Low FODMAP

- Polenta
- Quinoa
- Quinoa pasta
- Rice
- Rice cakes (plain)
- Rice pasta
- Soba noodles
- Sourdough
- Wheat/rye/barley-free breads

Nuts & Seeds

- Almonds (10 nuts)
- Almond butter (1 tbsp)
- Brazil nuts
- Chestnuts
- Chia seeds
- Flax seeds (1 tbsp)
- Hazelnuts (10 nuts)
- Hemp seeds
- Macadamias
- Peanuts
- Peanut butter
- Pecans
- Pine nuts
- Poppy seeds
- Pumpkin seeds/pepitas
- Walnuts

Pantry

- Avocado oil
- Beets (canned or pickled)
- Coconut milk (canned, no inulin)
- Dark chocolate (30 g)
- Dried banana chips (15 chips)
- Olive oil
- Maple syrup
- Popcorn
- Pretzels
- Pumpkin (canned, 1/3 cup)
- Rice malt syrup
- Table sugar

Beverages

- Beer
- Coffee
- Gin
- Tea (black, green, peppermint, white)
- Vodka
- Whisky
- Wine (most white and red)

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Common Food Sources of Omega-3

Omega-3 is important for the health of the brain and the body's cells. Omega-3 has three main forms: ALA, EPA, DHA.

ALA

Flaxseed (milled/ground)
2.4g / 1 Tbsp

Walnuts
2.3g / 1/4 cup

Chia seeds
1.9g / 1 Tbsp

Soy
0.7g / 3/4 cup

Canola Oil
0.4g / 1 tsp

Edamame
0.3g / 1/2 cup

Navy beans
0.2g / 3/4 cup

Hemp seeds
0.2g / 1 Tbsp

Almonds
0.15g / 1/4 cup

Pumpkin seeds
0.06g / 1/4 cup

EPA & DHA

Anchovies
1.5g / 2.5oz

Salmon
1.5g / 2.5oz

Whitefish
1.2 g / 2.5oz

Sardines
1g / 2.5oz

Tuna, white
0.7g / 2.5 oz

Trout
0.6g / 2.5oz

Halibut
0.5g / 2.5oz

Tuna, light
0.2g / 2.5oz

SOURCE: CANADIAN NUTRIENT FILE, 2015 ; USDA FOOD DATA (NOTE: VALUES CAN DIFFER DEPENDING ON SOURCE)

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Polycystic Ovary Syndrome: About PCOS

What is PCOS?

PCOS is a medical condition that affects how the ovaries work. It is estimated that PCOS affects one in every 10 people with ovaries. PCOS is diagnosed when you have two of the three features:

1. Irregular periods
2. High levels of androgens (which are "male" hormones, like testosterone)
3. Numerous follicles around the ovaries

Symptoms of PCOS often include:

- Irregular (or no) periods
- Excess hair growth (called hirsutism)
- Weight gain
- Hair loss or hair thinning
- Acne
- Sleep apnea and fatigue
- Extreme cravings
- Subfertility

Nutrition and PCOS

So how are nutrition and PCOS related? Good news! Nutrition changes can have an impact on how you experience symptoms of PCOS. Here are some of the things to focus on:

1. Ensure you include regular, balanced meals and snacks throughout the day
2. Choose low glycemic index carbohydrate foods more often
3. Increase Omega-3's
4. Include anti-inflammatory foods
5. Eat mindfully
6. Incorporate supplements when necessary (as recommended by your healthcare provider)

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Polycystic Ovary Syndrome: Nutrition

Nutrition for PCOS

YOUR DIETITIAN WILL GIVE YOU CUSTOMIZED RECOMMENDATIONS BASED ON YOUR SYMPTOMS. SOME OF THESE RECOMMENDATIONS MAY INCLUDE:

REGULAR BALANCED MEALS THROUGHOUT THE DAY

Having regular meals throughout the day helps with managing blood sugars. For meals, try to follow the healthy plate model as often as possible - 1/2 plate of vegetables, 1/4 plate of high-fibre starches and 1/4 plate of protein. For snacks, include a source of fibre and a source of protein (ex. apple & nuts, yogurt & berries, carrots & hummus).

CHOOSE LOW GLYCEMIC INDEX CARBOHYDRATE FOODS MORE OFTEN

The glycemic index measures how a certain food raises your blood sugar levels. We want to stick to low glycemic index foods to manage blood sugar levels. These include high fibre carbohydrates like whole grains, starchy vegetables, legumes and dairy.

INCREASE OMEGA-3'S

Omega-3's are a type of healthy fat that decrease inflammation in the body. Try to include fatty fish (ex. salmon, trout, mackerel, sardines, herring, canned light tuna) twice a week. If you don't eat fish, include foods like omega-3 eggs, ground flaxseed, chia seeds and walnuts daily.

INCLUDE ANTI-INFLAMMATORY FOODS

Include anti-inflammatory foods to your daily routine, like fatty fish, olive oil, lentils, nuts, seeds, firm tofu, beans, green tea, vegetables, berries, avocados and whole grains.

EAT MINDFULLY

Mindful eating can be effective in reducing binge eating behaviours, managing cravings and building a healthier relationship with food. Eat slowly, eliminate distractions, pay attention to your hunger and fullness cues and enjoy your foods without guilt or anxiety.

SUPPLEMENTS

Certain supplements like Zinc, Magnesium, Vitamin D and Vitamin B12 may be helpful based on your diet and symptoms. Work with your dietitian to see if taking a supplement is right for you.

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