

PCOD Me Kya Nahi Khana Chahiye – Diet Cheat Sheet

Food Type	Avoid These	Better Alternatives
Sugar	Cold drinks, sweets	Stevia, fruits
Maida	Pizza, white bread	Jowar, oats
Dairy	Full cream, cheese	Skim milk, almond milk
Fried	Pakorras, samosa	Roasted snacks
Meat	Mutton, processed	Eggs, fish
Caffeine	3+ cups/day	Green/herbal tea
Alcohol	Any form	Lemon water
Salt	Pickles, papad	Rock salt
Soy	Excess soy milk	In moderation