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The Dietitian's Guide to Polycystic Ovary Syndrome

Angela Grassi, MS, RD

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The most comprehensive evidence-based nutrition resource for PCOS, this book is a must for Dietitians, Nurses, Physicians, Therapists, and other health professionals who work in women's health, along with women who have PCOS themselves! With this book, the first of its kind, health professionals will gain the necessary knowledge and training to work with the PCOS population: Recognize signs and symptoms of PCOS in adolescent and adult patients Learn diet strategies to help women with PCOS improve their fertility, lose weight, and live better lives Obtain sample meal plans and resources for patients Learn which nutritional supplements are best to improve PCOS Understand the quality of life issues affecting women with PCOS and how they may be at a higher risk for developing eating disorders Recognize nutritional concerns that PCOS women have during pregnancy, lactation, and the postpartum period Understand the importance of effective diet strategies for women with PCOS as they age

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