

PCOS Study Diet Guide

ADA Recommended Healthy Diet

Dear research participant,

We are conducting this research study because we are interested in your diet and the types of food that you consume. We have compiled the following information in order to guide you through this study. Feel free to contact us anytime with questions that you may have and, once again, thank you for your participation. It will only help us get one step closer to understanding PCOS!

INFORMATIONAL WEBSITES

- ADA Diet and Lifestyle Recommendations: <http://bit.ly/2awiQM9>
- ADA Healthy Food Choices: <http://bit.ly/1iDfktN>
 - Website that links and explains what foods ADA suggests as part of the healthy diet. They give guidelines on what they can eat, drink, etc. There is also a book that tells you what you can eat now and has some recipes.
- Academy of Nutrition and Dietetics (AND) guidelines for healthy diets for women in different decades of their lives: <http://bit.ly/1dTWCjw>
- AND suggestions for daily intake of various nutrients: <http://bit.ly/1ahYKRw>

SAMPLE MEALS

Breakfast:

- Skim or 1% milk with cheerios and a piece of fruit
- Cottage cheese with mixed fruits (i.e. berries, peach, banana)
- Oatmeal with dried fruits and nuts
- Scrambled eggs, grapefruit, and cereal (bran, Cheerios, anything with low sugar)
- Whole wheat bread with almond butter
- Yogurt parfait

Lunch:

- Whole wheat pita bread with salmon or shrimp skewers, hummus and a green salad
- Grilled chicken with a Greek salad and whole wheat sourdough
- Chicken kabobs with pineapple and bell peppers, and a quinoa salad
- Roasted potatoes and tossed green salad with black bean soup
- Veggie burger with a whole wheat bun and an avocado

Dinner:

- Brown rice with steamed spinach and grilled fish (ex: salmon, sole, tilapia)
- Grilled shrimp with mango couscous salad, and a spinach and strawberry salad
- Steak with mushrooms, brown rice and grilled asparagus
- Pork chops with grilled carrots and a quinoa salad
- Curried chicken with brown rice and steamed green beans

- Whole wheat pasta with chicken, zucchini, and pine nuts
- Sesame tofu stir fry with steamed bok choy

Snacks:

- Most fruits (oranges, grapefruits, cherries, peaches, and apples are relatively low in sugar while melons, papayas, and grapes are very high in sugar)
- Celery and hummus
- Greek yogurt
- Nuts
- Dark chocolate--at least 70% cocoa (in moderation)
- Cottage cheese
- Homemade smoothie
- Warm pear with cinnamon ricotta
- Edamame

ADA RECIPES

- A 1-Day Mediterranean Menu: <http://bit.ly/2b1aCd6>
- Mediterranean snacks: <http://bit.ly/2at5a6P>
- Quick and Healthy Low-Calorie Lunches: <http://bit.ly/19Y9dvi>
- ADA Recipes: <http://bit.ly/1d1C2ar>
- A Month of Simple Healthy Recipes: <http://bit.ly/2awkz3W>

BLOGS

- mediterrasian.com
 - Talks about the benefits of a traditional Mediterranean and Asian diet and provides recipes for Mediterranean and Asian dishes that you can make.
- californiamediterraneandiet.com
 - How to eat healthy, tasty, sustainable food in California. Tells you what to eat, where to get it, and how to prepare it.

PHONE APPS

- **Healthy in a Hurry Recipe:** Provides simple recipes for you to make at home.
- **Fooducate:** You can use the app to scan food items in the grocery store and this app will rate it on an A-F scale as well as will provide healthier alternatives to not-so-healthy foods
- **Pic Healthy:** Allows you to take photos of foods you are eating and rate the healthiness. You share the photos with friends and you earn points when friends rate them as healthy or for being honest with yourself that you are not eating healthy
- **Food Tripping:** Helps you find healthy restaurants, grocery markets, etc in different areas.
- **Seasonal and Simple:** Tells you what fruits and vegetables are in season to help you save money, and it provides simple recipes on how to cook them.
- **Seamless:** If you need food delivered to your door and want a healthy choice, this application helps you decide based on price, rating, etc.
- **My Fitness Pal:** record your daily food intake wherever you go

ONLINE FOOD PURCHASES

- <https://www.azurestandard.com/>
- <http://www.frontiercoop.com/>

- <http://www.vitacost.com/>

TIPS FOR EATING OUT

- Start your meal with a salad packed with veggies.
- Choose a “small” or “medium” portion. If portions are larger than expected, avoid overeating by taking home some leftovers.
- Ask for whole wheat bread/tortillas for sandwiches and wraps.
- Order leaner meats such as chicken, turkey, and lean cuts of pork or beef such as sirloin or chuck roast.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sauteed.
- Order an item from the menu instead of the “all-you-can-eat” buffet.
- Ask for water, fat-free/low-fat milk, unsweetened tea, or any other drink that does not have added sugars like soda.
- Avoid foods that are served with creamy sauces or gravies (e.g. Caesar, Italian, Alfredo)
- Ask for sauces or dressings on the side so you can control how much to add.
- Choose fruit as your dessert.

RESTAURANTS (SF/BERKELEY)

San Francisco	Berkeley
<p>Mixt Greens (Sandwiches, vegetarian, salad) 120 Sansome St, San Francisco, CA 94104 http://mixtgreens.com/ <i>Ex: Be Well salad, spring grain bowl</i></p>	<p>Sweet Leaf (Salad) 2468 Telegraph Ave, Berkeley, CA 94704 http://www.theberkeleyleaf.com/Sweet_Leaf/Menu.html <i>Ex: Sweet leaf salad, vegan sandwich</i></p>
<p>Gracias Madre (Vegan, Mexican) 2211 Mission St, San Francisco, CA 94110 http://gracias-madre.com/menus.html <i>Ex: Grilled zucchini taco, butternut squash quesadilla</i></p>	<p>Cha-Ya (Japanese, vegetarian, vegan) 1686 Shattuck Ave, Berkeley, CA 94709 http://www.yelp.com/biz/cha-ya-berkeley <i>Ex: soba salad, stuffed eggplant, vegan sushi</i></p>
<p>Poki Time (Hawaiian, seafood, salad) 549 Irving St, San Francisco, CA 94122 http://www.yelp.com/biz/poki-time-san-francisco <i>Ex: salmon/tuna poke with brown rice or kale/mixed greens</i></p>	<p>La Mediterranee (Greek, Middle Eastern) 2936 College Ave, Berkeley, CA 94705 http://www.cafelamed.com/catering/restaurant.php <i>Ex: Armenian tomato salad, vegetarian (or chicken/lamb) kebab</i></p>
<p>Truly Mediterranean (Mediterranean) 3109 16th St, San Francisco, CA 94110 http://www.trulymedsf.com/menu.html <i>Ex: dolma sandwich, falafel wrap</i></p>	<p>Simply Bowl (Japanese, Asian fusion) 2156 University Ave, Berkeley, CA 94704 http://www.yelp.com/biz/simply-bowl-berkeley <i>Ex: spicy ahi tuna poke bowl with brown/white rice and mango</i></p>
<p>Cha-Ya (Japanese, vegetarian, vegan) 762 Valencia St, San Francisco, CA 94110 http://www.yelp.com/biz/cha-ya-san-francisco-4 <i>Ex: veggie curry with brown rice, soba salad, vegan sushi</i></p>	<p>Razan's Organic Kitchen (Sandwiches, Middle Eastern) 2119 Kittredge St, Berkeley, CA 94704 http://www.razansorganickitchen.com/menu.html <i>Ex: garden burrito, wild salmon (or chicken/beef) shish kebab wrap</i></p>
<p>Daily Health Food and Deli (Juice bar, live/raw food) 1235 9th Ave, San Francisco, CA 94122 http://www.dailyhealth9.com/menu.html <i>Ex: garden vegan burger, spinach avocado salad, live sandwich</i></p>	<p>Herbivore (Vegetarian, vegan) 2451 Shattuck Ave, Berkeley, CA 94704 http://www.herbivorerestaurant.com/menu <i>Ex: portobello mushroom sandwich, grilled beef & vegetable tahini salad</i></p>
<p>Yumma's (Greek, Mediterranean, salad) 721 Irving St, San Francisco, CA 94122 http://www.yummasmediterraneanrill.com/menu/ <i>Ex: combo kebab plate; kale salad; falafel bowl</i></p>	<p>Venus Restaurant (American, breakfast/brunch) 2327 Shattuck Ave, Berkeley, CA 94704 http://venusrestaurant.net/ <i>Ex: warm poached egg salad; Harajuku tofu scramble</i></p>
<p>Glaze Teriyaki Grill (Japanese, Korean, Gluten-free)</p>	<p>Flacos (Mexican, vegan) 3031 Adeline St, Berkeley, CA 94703</p>

<p>1946 Fillmore St, San Francisco, CA 94115 http://www.glazeteriyaki.com/menu <i>Ex: salmon teriyaki with side salad & white/brown rice (or extra salad); chicken/tofu/salmon salad</i></p>	<p>http://www.flacos.com/menu.html <i>Ex: huarache - corn tortilla with avocado, pinto beans, rice, cilantro, onions, cabbage, radish, salsa</i></p>
<p>La Mediterranee (Greek, Middle Eastern) 288 Noe St, San Francisco, CA 94114 OR 2210 Fillmore St, San Francisco, CA 94115 http://www.cafelamed.com/ <i>Ex: Middle Eastern plate with salad or soup</i></p>	<p>Fresh Fuel (Sandwiches, salad) 501 14th St, Ste 125, Oakland, CA 94612 <i>Ex: berry avocado salad, build your own salad, breakfast egg burrito</i></p>
<p>Enjoy Vegetarian Restaurant (Vegan, vegetarian, Chinese) 838 Kearny St, San Francisco, CA 94108 http://www.enjoyveggie.com/ <i>Ex: coconut sauce with taro, sesame chicken, pumpkin, spring roll & white/brown rice</i></p>	<p>Bacheesos (Mediterranean) 2650 Telegraph Ave, Berkeley, CA 94704 http://www.bacheesos.net/menu/ <i>Ex: grilled chicken breast with roasted vegetables & basmati rice; vegan lentil soup; arugula salad with fresh citrus, walnuts, lemon olive oil dressing</i></p>
<p>Thai Idea Vegetarian (Vegan, vegetarian) 710 Polk St, San Francisco, CA 94109 http://thaiidearestaurant.com/menu <i>Ex: tom yum veggie soup; green curry with bell pepper, bamboo shoots, eggplant, string bean, baby corn, basil; som tum papaya salad</i></p>	<p>Shangri-La Vegan (Vegetarian, vegan) 4001 Linden St, Oakland, CA 94608 http://www.shangri-lavegan.com/ <i>Ex: collard green with tofu leek sauce, short grain brown rice, mixed salad with red beets</i></p>
	<p>Sweetgreen (Salads, grain bowls) 1890 Shattuck Ave, Berkeley, CA 94709 http://www.sweetgreen.com/ <i>Ex: roasted eggplant + falafel; earth bowl (quinoa, farro, arugula, chicken...)</i></p>
	<p>Millennium (Vegan, vegetarian) 5912 College Ave, Oakland, CA 94618 http://www.millenniumrestaurant.com/ <i>Ex: seared pumpkin polenta cakes, black garlic miso tempeh</i></p>
	<p>Sanctuary Bistro (Vegan) 1019 Camelia St, Berkeley, CA 94710 http://www.sanctuarybistro.com/ <i>Ex: braised moroccan tofu, tofu scallopini, cassoulet</i></p>

GROCERY STORES (SF/BERKELEY)

San Francisco	Berkeley/Oakland
Green Earth Natural Foods (Alamo	Berkeley Bowl

Square) 860 Divisadero St, San Francisco, CA 94117	920 Heinz Ave, Berkeley, CA 94710 2020 Oregon St, Berkeley, CA 94703
Golden Natural Foods (Duboce Triangle) 130 Church St, San Francisco, CA 94114	Whole Foods 3000 Telegraph Ave, Berkeley, CA 94705 1025 Gilman St, Berkeley, CA 94710
Noriega Produce (Outer Sunset) 3821 Noriega St, San Francisco, CA 94122	Berkeley Farmers Market 63rd & Adeline Street TUESDAYS ONLY: 2PM-7PM
Rainbow Grocery (Mission) 1745 Folsom St, San Francisco, CA 94103	Berkeley Farmers Market (Organic) Shattuck Ave & Rose Street THURSDAYS ONLY: 3PM-7PM
101 Super Mart (Inner Richmond) 517 Clement St, San Francisco, CA 94118	Berkeley Farmers Market Center Street & MLK Jr. Way SATURDAYS ONLY: 10AM-3PM
Alemanys Farmers Market (Bernal Heights) 100 Alemany Blvd, San Francisco, CA 94110 [Saturdays only: 6AM-2:30PM]	Nature's Best Foods 1431 Jackson St, Oakland, CA 94612
Ferry Plaza Farmers Market (Embarcadero) 1 Ferry Bldg Marketplace, San Francisco, CA 94111 [Tues/Thurs: 10AM-2PM, Sat: 8AM-2PM]	Food Mill 3033 MacArthur Blvd, Oakland, CA 94602
Stonestown Farmers Market (Stonestown) 3521 20th Ave, San Francisco, CA 94132 [Sundays only: 9AM-1PM]	Farmer Joe's Marketplace 3426 Fruitvale Ave, Oakland, CA 94602
Heart of the City Farmers Market (Civic Center) 1182 Market St, San Francisco, CA 94102 [Weds: 7AM-5:30PM, Sundays: 7AM-5PM]	Monterey Market 1550 Hopkins St, Berkeley, CA 94707

Restaurants in Santa Clara

Athena Grill (Greek, Mediterranean) 1505 Space Park Dr Santa Clara, CA 95054 http://52.8.151.10//athena/web/ <i>Ex: portobello pita wrap; gyro plate</i>	Wrap This (Mediterranean) 2281 The Alameda Santa Clara, CA 95050 http://wrap-this.com/ <i>Ex: garlic naan gyro; veggie burger</i>
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<p>Loving Hut 2855 Stevens Creek Blvd, Ste 2459 Santa Clara, CA 95050 http://lovinghut.us/santaclara_01/ <i>Ex: rainbow salad; Saigon rolls; tofu eggplant; wonton soup</i></p>	<p>Delicious Crepes Bistro 57 Washington St Santa Clara, CA 95050 http://deliciouscrepesbistro.com/menu/ <i>Ex: royal veggie crepe; quinoa power bowl; arugula & beet salad</i></p>
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Restaurants in San Jose

<p>Green Bites Cafe 1290 S Bascom Ave, Ste A San Jose, CA 95128 http://www.greenbitescafe.com/ <i>Ex: fitness salad; clean start omelet</i></p>	<p>Blue Mango 635 Coleman Ave San Jose, CA 95110 http://bluemangocuisine.com/menu/ <i>Ex: pad thai noodles; tom yum soup</i></p>
<p>Vegetarian House 520 E Santa Clara St San Jose, CA 95112 http://www.vegetarianhouse.us/ <i>Ex: quinoa sushi; kelp noodle salad; majestic mango salad; raw avocado tartar; "flying Buddha" soup</i></p>	<p>Ringer Hut 1072 Saratoga Ave San Jose, CA 95129 https://locu.com/places/ringer-hut-san-jose-us/#menu <i>Ex: chicken teriyaki; vegetable croquette</i></p>
<p>Veggie Grill Santana Row, 3055 Olin Ave San Jose, CA 95128 http://veggiegrill.com/menu/ <i>Ex: Bombay bowl; savory kale Caesar salad</i></p>	<p>The Happy Bamboo (vegan) 1711 Branham Ln San Jose, CA 95118 http://www.happybamboo.com/ <i>Ex: vegetable pho; cabbage salad; delightful green noodle salad</i></p>
<p>Vn Grill 1085 E Brokaw Rd San Jose, CA 95131 http://www.vngrill.com/ <i>Ex: create your own bowl</i></p>	

Restaurants in North Bay (Novato, Petaluma, San Rafael, Santa Rosa, Sonoma)

<p>Bianchini's Sandwich & Salad Market (Sandwiches, salad) 1367 N McDowell Blvd, Petaluma, CA 94954 www.bianchinisdeli.com <i>Ex: veggie delight sandwich; create your own salad</i></p>	<p>Native Kitchen & Kombucha Bar (American (new), gluten-free, breweries) 110 Petaluma Blvd N, Petaluma, CA 94952 www.nativekombucha.com <i>Ex: kale & pumpkin seed salad or wrap; macrobiotic quinoa</i></p>
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<p>Aqus Cafe (Sandwiches, salad, cafe) 189 H St, Petaluma, CA 94952 http://aquascafe.com/menu/index.php <i>Ex: garden wrap; smoked trout salad; roasted eggplant panini</i></p>	<p>Real Doner (Turkish, Mediterranean) 307 F St, Petaluma, CA 94952 www.realdoner.com <i>Ex: chicken shish kebab platter</i></p>
<p>Sam's Mediterranean Cafe & Deli (Mediterranean, sandwiches, delis) 613 Martin Ave, Rohnert Park, CA 94928 www.samsmeddeli.com <i>Ex: BBQ tri-tip salad; falafel plate</i></p>	<p>Kababbq Grille & Cafe (Persian/Iranian, Mediterranean) 555 Francisco Blvd E, San Rafael, CA 94901 www.kababbq.com <i>Ex: prawn wrap; falafel platter; vegetable kabob; Greek salad</i></p>
<p>Falafel Hut (Middle Eastern) 1115 4th St, San Rafael, CA 94901 www.falafelhut.net <i>Ex: hummus sandwich; tabouleh salad; veggie kebab plate</i></p>	
<p>Radiance Cuisine (Vegan) 923 C St, San Rafael, CA 94901 www.radiancecuisine.com <i>Ex: radiance plate; yogi bowl</i></p>	<p>Sol Food Puerto Rican Cuisine (Latin American, Puerto Rican) 901 Lincoln Ave, San Rafael, CA 94901 www.solfoodrestaurant.com <i>Ex: plantain, fried prawns with rice, beans, salad, fried plantain or French fries; baked chicken thigh & avocado salad</i></p>
<p>Juice Alley (Juice bar & smoothies) 5641 Paradise Dr, Corte Madera, CA 94925 www.juicealley.com <i>Ex: strawberry almond milk; fruit based green drink; kale salad with spicy avocado dressing</i></p>	<p>Green Chile Kitchen Marin (Mexican, vegan) 1335 4th St, San Rafael, CA 94901 www.greenchilekitchen.com/gckmarin <i>Ex: grains & greens salad; quinoa stuffed poblano; sweet potato tamale</i></p>
<p>Yu Shang Mandarin Restaurant & Sushi Bar (Sushi bars, Chinese, Vietnamese) 180 Bellam Blvd, San Rafael, CA 94901 www.yushangrestaurant.com <i>Ex: eggplant with garlic sauce; broccoli shrimp; vegetable combination</i></p>	<p>The Plant Cafe Organic (Juice bars & smoothies, vegan, gluten-free) 800 Redwood Hwy, Ste 801, Mill Valley, CA 94941 www.theplantcafe.com <i>Ex: basil pesto tofu scramble; miso quinoa bowl; plant burger; mango-lime chicken panini</i></p>
<p>Gaia's Garden (Vegetarian, vegan, buffets) 1899 Mendocino Ave, Santa Rosa, CA 95401 http://www.gaiasgardenonline.com/ <i>Ex: vegetable curry; salad bar with homemade dressing</i></p>	<p>East West Cafe & Restaurant (Vegetarian, Mediterranean, gluten-free) 557 Summerfield Rd, Santa Rosa, CA 95405 www.eastwestcafesantarosa.com <i>Ex: salmon wrap; veggie sloppy joe; earth bouquet stir fry; gourmet veggie burrito</i></p>

<p>Thai Time Asian Bistro (Thai, vegetarian, gluten-free) 401 Mendocino Ave, Santa Rosa, CA 95401 www.thaitimeasianbistro.com <i>Ex: fresh summer rolls; tom-kha coconut soup; Indian salad; "summer on fire"</i></p>	<p>Goji Kitchen (Asian fusion, Chinese, Vietnamese) 1965 Mendocino Ave, Santa Rosa, CA 95401 www.gojikitchen.com <i>Ex: vegan noodle soup; sauteed beef & garden vegetables; steamed flat rice rolls with grilled pork</i></p>
<p>Abyssinia Restaurant (Ethiopian, African) 913 4th St, Santa Rosa, CA 95404 www.my-abyssinia.com <i>Ex: doro we't (chicken, garlic, onion); yabesha gomen (collard greens, tomato, garlic, rosemary)</i></p>	<p>Juice on the Square (Juice bars & smoothies, Internet cafes) 1305 Cleveland Ave, Santa Rosa, CA 95401 www.juiceryco.com <i>Ex: uplifting greens; coconut water; beta beets; local organic sprouted salad</i></p>
<p>Community Cafe (Breakfast & brunch, American (traditional), cafes) 875 W Napa St, Sonoma, CA 95476 www.cconoma.com <i>Ex: tofu portobello burger; tuna arugula salad; spinach & butternut squash salad</i></p>	<p>LaSalette Restaurant (Portuguese) 451 1st St E, Ste H, Sonoma, CA 95476 www.lasaletterestaurant.com <i>Ex: heirloom tomato salad; marinated pork sandwich; wild prawn turnovers</i></p>

GROCERY STORES IN NORTH BAY

<p>Sprouts Farmers Market 401 Kenilworth Dr, Suite 1040, Petaluma, CA 94952</p>	<p>Whole Foods Market Petaluma 621 E. Washington St, Petaluma, CA 94552</p>
<p>Trader Joe's 169 N McDowell Blvd, Petaluma, CA 94954</p>	<p>Oliver's Market 461 Stony Point Rd, Santa Rosa, CA 95406</p>
<p>Santa Rosa Community Market 1899 Mendocino Ave, Santa Rosa, CA 95401</p>	<p>Sonoma Market 500 W Napa St, Sonoma, CA 95476</p>
<p>United Markets 515 3rd St, San Rafael, CA 94901</p>	<p>Marinwood Market 155 Marinwood Dr, San Rafael, CA 94903</p>
<p>Santa Venetia Super Market 71 San Pablo Ave, San Rafael, CA 94903</p>	<p>Marin Civic Center Farmers Market 3501 Civic Center Dr, San Rafael, CA 94903 [Thursdays & Sundays: 8AM-1PM]</p>
<p>Mill Valley Farmers Market 759 E Blithedale, Mill Valley, CA 94941 [Fridays: 9:30AM-2:30PM]</p>	<p>Novato Farmers Market Downtown Novato, on Grant Ave [May-Sept only! Tuesdays: 4PM-8PM]</p>
<p>Corte Madera Farmers Market 100 Corte Madera Town Center, Corte Madera, CA 94925 [Wednesdays only: 12PM-5PM]</p>	<p>Santa Rosa Farmers Market Wells Fargo Center for the Arts 50 Mark W Springs Rd, Santa Rosa, CA 95403 [Wednesdays: 8:30AM-12PM Saturdays: 8:30AM-1PM]</p>

