

Polycystic Ovarian Syndrome: PCOS Resources

Podcasts!

1. Find your Food Voice Podcast
2. **The nourished with PCOS Podcast** with Sam Abbott, RD, LDN: <https://pcosnutritionco.com/nourished-with-pcos-podcast/> This website contains PCOS podcasts that focus on a variety of topics, their focus is to avoid diet culture or restricted eating. This podcast is run by a registered dietitian named Sam Abbott

Instagram!

1. @pcos.dietitian.katie: Registered dietitian Katie is dedicated to transforming PCOS management without dieting. She also shares her personal journey with PCOS throughout her pregnancy.
2. @pcos_nutritionist: Registered dietitian Alyssa Pacheco focuses on transforming your PCOS without dieting. She highlights through her content the importance of a balanced, sustainable and realistic lifestyle.
3. @pcosnutrition: PCOS nutrition Center instagram where registered dietitians give their audience great resources on supplement use, super foods for PCOS, and more that promote a realistic lifestyle away from diet culture.