

Jamison: Patient Education and Wellness

HANDOUT 13.9: THE PREMENSTRUAL SYNDROME

See <http://women.webmd.com/pms/medical-history-for-pms>

DIETARY PROTOCOL:

DIETARY AIMS

Restrict sugar to <6 tablespoons/day
Restrict salt to <3 g/day
Restrict alcohol <1 oz/day
Reduce intake of dairy products
Reduce intake of animal fats
Reduce intake of *trans* fatty acids
(processed spreadable vegetable oils)
Increase intake of soy products, flax
seeds, alfalfa
Increase intake of olive oil
Increase intake of complex
carbohydrates
Reduce consumption of
methylxanthines – coffee, tea, cola
drinks

CURRENT	INTENDED	ACHIEVED