

10 Signs Your Nutrition Approach May Be Missing What Your Body Actually Needs

A short, honest check-in for women navigating PCOS, hormonal shifts, or nutrition advice that just isn't sticking — before you start another diet.

CHECK HOW MANY APPLY TO YOU

- ☐ I constantly feel confused about what I should eat for my hormones.
- ☐ I've tried restrictive diets but struggle to maintain them.
- ☐ My energy levels fluctuate throughout the day.
- ☐ I experience frequent cravings or feel unusually hungry.
- ☐ My periods are irregular or have changed.
- ☐ I keep focusing on weight, but something still feels "off."
- ☐ I've tried supplements without really understanding whether I need them.
- ☐ I keep receiving conflicting advice about PCOS/hormonal health.
- ☐ I know what I should eat, but struggle to make it work consistently.
- ☐ My nutrition advice has never been personalized to my symptoms, lifestyle, and health history.

Your Score

- 0–2 You may simply need a few small adjustments.
- 3–5 Your current approach may have some gaps worth exploring.
- 6+ Your nutrition needs may be more individual than generic advice can address.

A STARTING POINT, NOT A DIAGNOSIS

Hormonal health is highly individual — the same nutrition strategy doesn't work for everyone. If several of these sound like you, it might be time to understand what's actually contributing to your symptoms, and what your nutrition should focus on instead.

[Book a Personalized Hormonal Health Consultation →](#)

Dietitian Maryam Tarar

This self-assessment is for general educational purposes and is not a medical diagnosis. For personalized guidance on PCOS, hormonal health, or nutrition, book a consultation.