

NUTRITION RECOMMENDATIONS FOR GESTATIONAL DIABETES

1. Eat 3 meals and 2 to 3 snacks every day (try to eat every 2 to 3 hours):

- **Breakfast**
- Snack
- **Lunch**
- Snack
- **Supper**
- Bedtime Snack

2. Include these foods with natural sugars, or carbohydrate, as part of your meals and snacks:

- **Starchy Foods:** bread/ flour, rice, noodles, cereal, potatoes, corn
 - Have **1 cup** (250ml or a small bowl) or **2** whole grain bread at a meal. *Try whole grains (brown) instead of white.*
- **Milk and yogurt:**
 - 2-3 cups a day. Have **1 cup (250 ml)** at a time.
- **Fruit:**
 - 2-3 times a day. Have **1 medium** or **1 cup (250 ml)** at a time.

3. Include these foods with little to no natural sugar as part of your meals and snacks:

- **Vegetables:**
 - Try to fill half your plate. Eat a variety of different vegetables.
- **Protein:** Meat, fish, seafood, chicken, eggs, nuts, peanut butter, tofu, cheese, plain Greek yogurt, beans/lentils.
 - Eat with every meal and at bedtime snack.
- **Fat:**
 - Eat small amounts of oil, butter, or margarine. Limit fried foods.
- **Other:** Herbs, spices, water, plain tea/ coffee, diet drinks.

4. Eat less sugar: honey, jam, syrup, cakes, cookies, chocolate, candies...

5. Drink water instead of juice or sweet drinks.

6. Take a prenatal vitamin.

7. Try to walk or be active after meals.

Call your Diabetes in Pregnancy clinic if you have any questions. Phone numbers are listed on www.endometab.ca