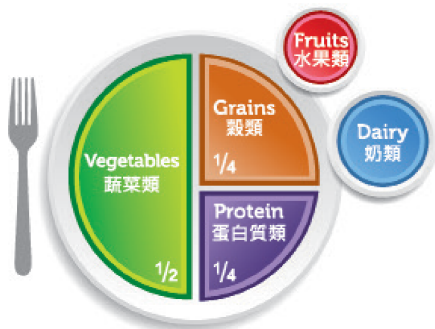


## PRINCIPLES OF GESTATIONAL DIABETES DIET

When a pregnant woman develops high blood sugar during her pregnancy, it is known as Gestational Diabetes (GDM). This condition is often diagnosed in the second half of the pregnancy (at 24-28 weeks). Some women who develop GDM continue to have diabetes after the baby is born. But for many, the condition disappears after the birth of the child.

If a mother does not keep her sugar level under control during her pregnancy, the baby may develop health problems and there may be complications during childbirth. If you have been diagnosed with GDM, follow these guidelines to help control your blood sugar levels.

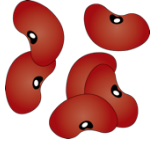
1. Eat 6 small meals a day (3 meals + 3 snacks), preferably every 2-3 hours.



2. Walk after meals to help lower blood glucose. Always consult your doctor before starting an exercise program.
3. Select foods high in fiber such as brown rice, oatmeal, dried beans, whole wheat bread, fresh fruits, and vegetables, but in appropriate amounts.

4. Keep breakfast relatively low in carbohydrate content, as blood sugar tends to run high in the morning. During the morning meal, avoid fruit juice/fruit (primarily simple sugars), breakfast cereals, and milk.
5. Exclude highly processed foods such as instant noodles and frozen meals.
6. Limit added sugar (white sugar, brown sugar, rock sugar, syrup, honey) in foods or beverages.
7. Limit or avoid sugar containing foods, beverages, and condiments such as jams, juices, candies, desserts, sweet and sour foods, soda, condensed milk, sweetened soybean milk, BBQ sauce, hoisin sauce, sweet bean paste, plum sauce, oyster sauce, and teriyaki sauce.
8. Avoid alcohol.
9. Limit caffeine-containing beverages such as tea and coffee.
10. Limit fatty and fried foods. Remove all visible fats and skin from meat.
11. Prepare foods by steaming, braising, boiling, or baking. Use a small amount of oil in cooking. Choose liquid oils, such as canola oil or olive oil. About 5 to 6 teaspoons of oil may be used daily.

## FOOD GROUPS



### STARCH \*

Rice, noodles, bread, cereal, crackers, potato, sweet potato, taro, corn, dried beans, and peas.



### PROTEIN

*Lean meat* – pork, beef, chicken, duck, turkey, squab

*Seafood* – fish, crab, scallop, clam, oyster, abalone, lobster, shrimp

*Meat substitutes* – nuts and seeds, egg, bean curd (tofu), peanut butter, cheese.

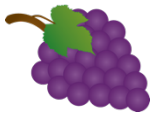


### VEGETABLE

Fresh vegetables

Canned/dried/frozen vegetables without added salt or sugar

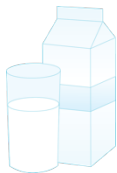
\*Some vegetables, such as potato and pumpkin, are high in starch and should be eaten in moderation.



### FRUIT \*

Fresh fruits

Canned/dried/frozen fruit without added salt or sugar



### MILK \*

Fat free or 1% low-fat milk/evaporated milk

Calcium fortified soymilk (unsweetened)



### FAT

All vegetable oils (canola oil, olive oil, avocado oil, corn oil, soybean oil), margarine, salad dressing, mayonnaise.

\* These foods contain carbohydrates, which can raise blood sugar if eaten in excess.

## SAMPLE MEAL PLAN FOR GESTATIONAL DIABETES

2000 – 2200 Calories



### BREAKFAST

- 1 c. Oatmeal
- 1 Egg (3 – 4 per week)
- 8 oz. Unsweetened calcium fortified soy milk

### MID- MORNING SNACK

- 1 Small fruit
- 1 oz. Unsalted nuts

### LUNCH

- 1 c. Whole wheat noodles
- 3 oz. Fish, meat, poultry, tofu, or plant-based protein
- 1 c. Cooked, non-starchy vegetables
- 1 c. Soup



### MID-AFTERNOON SNACK

- 1 Small fruit
- ½ c. Greek yogurt

### DINNER

- 1 c. Brown rice
- 3 oz. Fish, meat, poultry, tofu, or plant-based protein
- 1 c. Cooked, non-starchy vegetables
- 1 c. Soup

### EVENING SNACK

- 5 Whole wheat crackers
- 1½ oz. Cheese

