

# Gestational Diabetes: Eating for your baby's health



WIC helps you make amazing kids!

Gestational diabetes is a kind of diabetes that some women get during pregnancy. Having gestational diabetes does not mean that you have to eat special foods. With a few small changes, you can enjoy the same foods as your family.



Your dietitian will work with you to create a meal plan just for you. Following this meal plan and eating at regular times will help you keep your blood sugar normal and your baby healthy.

So you have gestational diabetes—try to relax.

- See your doctor(s) regularly and follow their advice. Take all medications they prescribe.



- Eat small, frequent meals (every 2 to 3 hours during the day).



- Check your blood sugar often (as many times as your doctor tells you to).



- Stay active — check with your doctor for safe activities you can do every day.



Steps to control your blood sugar—what you need to do.

Eat healthy for you and your baby—some foods affect your blood sugar more than others.

Some people think you need to avoid starchy foods when you have diabetes. This is not true. Your body needs carbohydrates in foods like starchy grains, fruit, and milk, for energy. Some carbohydrates (like candy) raise your blood sugar too fast, so follow these tips to stay healthy:

- Do not eat or drink fruit juice, milk, fruit, or yogurt within 4 hours after you wake up. Save fruit, milk, and yogurt for later in the day.
- Use your meal plan to help you choose healthy foods.
- Eat a protein food with every meal and snack. You can enjoy eating as many lean proteins and non-starchy vegetables as you would like. Small amounts of healthy fats are ok.
- Avoid high-sugar foods and drinks such as soda, fruit juice, candy, and desserts.
- Choose high-fiber foods such as whole-wheat bread, brown rice, or corn tortillas.
- Do not drink alcohol or smoke.

### Resources:

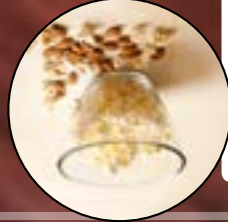
- [www.diabetes.org/diabetes-basics/gestational/](http://www.diabetes.org/diabetes-basics/gestational/)
- [www.cdc.gov/pregnancy/diabetes-gestational.html](http://www.cdc.gov/pregnancy/diabetes-gestational.html)
- [www.niddk.nih.gov/health-information/health-topics/Diabetes/gestational-diabetes/Pages/index.aspx](http://www.niddk.nih.gov/health-information/health-topics/Diabetes/gestational-diabetes/Pages/index.aspx)

This meal plan should only be used with Medical Nutrition Therapy (MNT) provided by a Registered Dietitian (RD).

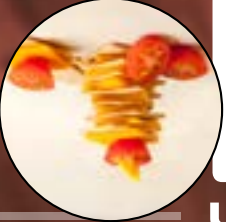
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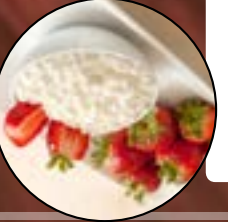
## Sample Meal Plan



**Breakfast**  
1 to 2 scrambled eggs, ½ cup sautéed peppers and onions, 1 to 2 tablespoons salsa, and up to ½ ounce low-fat cheese  
**Morning snack**  
3 cups popcorn and 1 ounce nuts



**Lunch**  
1 cup vegetable soup with 1/2 turkey sandwich on whole-wheat bread, lettuce, tomato, 2 teaspoons mayonnaise, and 14 grapes  
**Afternoon snack**  
5 to 12 whole wheat crackers with 1 ounce low-fat cheese and tomatoes



**Dinner**  
4 ounces fish, 2/3 cup rice, 1 to 2 cups salad, 1 tablespoon dressing, 1 cup green beans, and 1 orange  
**Evening snack**  
1/2 cup cottage cheese and 1 cup berries

Registered Dietitian's Name \_\_\_\_\_

Registered Dietitian's Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Next Appointment(s) \_\_\_\_\_

To keep my baby healthy, I plan to \_\_\_\_\_

Notes \_\_\_\_\_



## Foods with Carbohydrates

These are examples of foods that will raise your blood sugar – so portion sizes are important.

### Starches

#### Grains

- Whole-wheat bread: 1 slice
- Tortilla: 1 corn or flour, 6-inch
- English muffin, hot dog bun, or hamburger bun: ½ muffin or bun
- Roll, biscuit: 1 small
- Bagel: ¼ of regular size bagel, ½ of mini bagel
- Pancake or waffle, 4 inches across: 1 piece
- Unsweetened cold cereal: ¾ cup
- Cooked cereal or oatmeal: ½ cup
- Cooked rice, pasta, couscous: ½ cup

#### Starchy Vegetables

- Winter squash: 1 cup
- Corn: ½ cup
- Peas: ½ cup
- White or sweet potatoes: ½ cup
- Cooked beans or lentils: ½ cup
- Baked beans: ½ cup
- Red spaghetti sauce: ½ cup

#### Other Starchy Foods and Snacks

- Popcorn: 3 cups
- Crackers, round butter-type or saltines: 6 crackers
- Graham cracker, broken into 2-½ inch square: 3 squares
- Chips: 10 to 15 chips
- Pretzels: ¾ ounce or 6 pretzels

### Fruit

- Fresh fruit: raspberries, small orange, apple, kiwi, peach, banana, diced cantaloupe, strawberries, cubed papaya: 1 cup
- Dried fruit: blueberries, cherries, raisins, or cranberries: 2 tablespoons
- Canned fruit: packed in water, no sugar added, or 100% juice: ½ cup

**Key Recommendation:** Eat fruits later in the day, not at breakfast.

### Milk & Milk Substitutes

- Milk, including lactose-free (plain, unflavored): 1 cup
- Soy milk, rice milk, goat's milk (plain, unflavored): 1 cup
- Yogurt, plain or light: 6 ounces (2/3 cup)

**Key Recommendations:** Choose low-fat options and drink milk later in the day, not at breakfast.

## Foods with Little or No Carbohydrates

These foods do not raise blood sugar.

### Non-starchy Vegetables

- Green beans, asparagus, broccoli, cauliflower, cucumber, tomatoes, okra, carrots, eggplant, celery, peppers, spinach, lettuce, collard, mustard, or turnip greens, kale, cabbage, radishes, zucchini, summer squash, or mushrooms.

**Key Recommendations:** Enjoy as many non-starchy vegetables as you would like. Aim to fill ½ of your plate with one or more colorful vegetables.

### Meat and Meat Substitutes

- Fish, chicken, turkey, beef, or pork: 1 ounce
- Lunch meats: 1 ounce
- Cheese: 1 ounce
- Egg: 1 whole egg
- Egg whites: 2 egg whites or ¼ cup
- Tofu: 4 ounces or ½ cup
- Cottage cheese: ¼ cup
- Nut butters like peanut, almond, or other: 2 tablespoons
- Turkey or pork bacon: 2 slices
- Hot dog or sausage: 1 link or patty

**Key Recommendations:** Choose lower fat and lower salt options. Grilling, baking, broiling or poaching are better cooking methods than frying. Limit processed meats such as lunch meats, sausage, bacon, and hot dogs.

### Fats

*Better choices (unsaturated fats)*

- Avocado: 2 tablespoons
- Oil like canola, olive, corn, soybean or other: 1 teaspoon
- Olives: 8 to 10 large
- Mixed nuts (50% peanuts): 6 nuts
- Margarine: 1 teaspoon
- Mayonnaise: 1 teaspoon
- Salad dressing, regular: 1 tablespoon
- Salad dressing, reduced fat: 2 tablespoons

*Less healthy choices (saturated fats)*

- Butter: 1 teaspoon
- Cream cheese, regular: 1 tablespoon
- Sour cream, regular: 2 tablespoons
- Shortening or lard: 1 teaspoon

## Other Foods

(Free Foods and Stop Foods)

### Free Foods

If you're craving something sweet or salty, use this list for ideas that won't raise your blood sugar.

These foods **in the amounts listed** have less than 20 calories and less than 5 grams of carbohydrates:

- Lime or lemon: 1 small
- Pickles: 1½ medium sized dill pickle
- Light jam or light jelly: 2 teaspoons
- Ketchup: 1 tablespoon
- Barbecue sauce: 2 teaspoons
- Salsa: ¼ cup
- Vanilla wafer: 1 cookie
- Whipped topping, fat-free or light: 2 tablespoons
- Unsweetened cocoa powder: 1 tablespoon

These foods have no carbohydrates:

- Sugar substitutes: The following are safe for use during pregnancy: acesulfame K (Sunnett®, Sweet One®), aspartame (Equal®, NutraSweet®), and sucralose (Splenda®).
- Herbs, spices, garlic, and salt-free seasonings
- Vinegar, horseradish, mustard, and soy sauce
- Mineral water and club soda
- Diet, caffeine-free soft drinks and sugar-free drink mixes
- Decaffeinated coffee and tea
- Sugar-free gum
- Sugar-free gelatin

### STOP Foods

Stay away from these foods while you're pregnant. They will raise your blood sugar very fast:

- Fruit juice or fruit drinks
- Sugar-sweetened tea and coffee
- Regular sodas
- Regular sports drinks
- Energy drinks
- Snow cones, popsicles, ice cream, and frozen yogurt
- Honey and agave nectar
- Instant noodles and instant potatoes
- Cookies, candy, cake, and other regular sweet desserts



## Gestational Diabetes Meal Plan

Time	Meal/Snack	Meal Plan	My Sample Meal Plan
	Breakfast	<input type="checkbox"/> Starch <input type="checkbox"/> Fruit <input type="checkbox"/> Milk/Milk substitutes <input type="checkbox"/> Meat/Meat substitutes <input type="checkbox"/> Non-starchy vegetables <input type="checkbox"/> Fat <input type="checkbox"/> Water	
	Snack	_____ _____	
	Lunch	<input type="checkbox"/> Starch <input type="checkbox"/> Fruit <input type="checkbox"/> Milk/Milk substitutes <input type="checkbox"/> Meat/Meat substitutes <input type="checkbox"/> Non-starchy vegetables <input type="checkbox"/> Fat <input type="checkbox"/> Water	
	Snack	_____ _____	
	Dinner	<input type="checkbox"/> Starch <input type="checkbox"/> Fruit <input type="checkbox"/> Milk/Milk substitutes <input type="checkbox"/> Meat/Meat substitutes <input type="checkbox"/> Non-starchy vegetables <input type="checkbox"/> Fat <input type="checkbox"/> Water	
	Snack	_____ _____	