

# Guidelines for Eating with Gestational Diabetes



## Avoid high sugar drinks!

- ❖ Avoid all fruit juice (apple, orange, cranberry, etc.)
- ❖ Avoid regular sodas, sweet tea, fruit drinks, lemonade, Gatorade, Chocolate milk, strawberry milk, milkshakes, condensed milk, Kool-Aid.



## Avoid high sugar foods!

- ❖ Avoid high sugar foods such as cookies, cake, pie, candy, brownies, sweet rolls/pastries, Pop Tarts, muffins, sherbet, fruit roll-ups, pancake syrup, sugar free products, pudding, Jell-O, ice cream
- ❖ Granola bars, dried fruit, cereal, sweet salad dressings, French fries, chips.
- ❖ Avoid honey, syrup, white and brown sugar, jam, jelly, flavored cream cheese.



## Eat regular meals and snacks throughout the day!

- ❖ Remember to eat every 2-3 hours! Eating every 2-3 hours is healthy for your baby and will help to keep your blood sugars in balance.
- ❖ Eat three moderately sized meals and two to three small snacks each day. A nutritionist will give you a balanced carbohydrate meal plan.
- ❖ Remember to eat breakfast to start your day! Even if it's only a piece of toast or crackers.

## Always have a protein source with your carbohydrate at each meal.



### Best Drinks

- Water
- Milk
- Sugar-free drinks (with Splenda or NutraSweet)

## Making Healthy Choices...

### Free Foods

- Fresh vegetables & salads
- Sugar-free jello
- Salsa



## !! Remember to take your prenatal vitamin each day!

- ❖ If you don't drink milk or eat dairy foods, talk to your doctor about taking extra calcium to protect your bones and help your baby grow strong bones.



### A sample day of meals & snacks:

**Breakfast**—egg & cheese sandwich

**Mid-Morning snack**—peanut butter or cheese on crackers

**Lunch**—turkey sandwich, fruit & milk

**Mid-Afternoon snack**—yogurt & fruit

**Dinner/supper**—chicken, small baked potato, broccoli & milk

**Bedtime snack**—1/2 meat or cheese sandwich