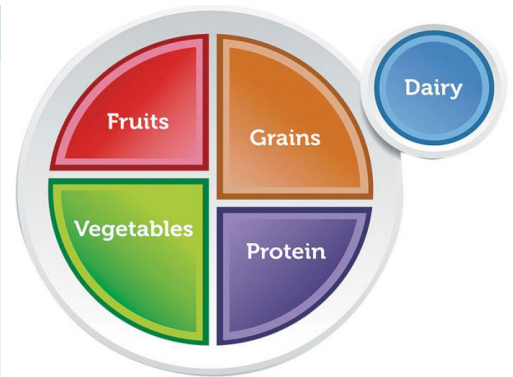


Gestational Diabetes: Plate Method

When a pregnant woman has diabetes there are special diet needs. This document will help guide you in making healthy dietary choices for you and your baby.

EVERY DAY I WILL:

- Eat 3 meals and 3 snacks, 2 to 3 hours apart, all of which will include a protein.
- Drink plenty of fluids. These must be caffeine free, sugar free beverages. Limit coffee to 2 cups daily and no alcohol.
- Limit artificial sweeteners to 1-2 servings a day.
- Try to walk for 10-15 minutes after every meal, especially breakfast.



Vegetables	Protein	Grains	Fruits	Dairy
<ul style="list-style-type: none"> • Spinach • Carrots • Broccoli • Green beans • Beets • Cabbage • Celery • Cucumbers • Onions • Peppers • Zucchini • Cauliflower <p>Eat very little of these starchy vegetables:</p> <ul style="list-style-type: none"> • Potatoes • Sweet potatoes • Yams • Peas • Corn • Squash 	<ul style="list-style-type: none"> • Fish • Poultry • Lean Meat • Cheese • Eggs • Nuts • Tofu • Nut butters <p>Avoid bacon, hot dogs and bologna.</p>	<p>Choose 100% whole grains.</p> <ul style="list-style-type: none"> • Whole wheat bread • Small potato • Whole grain tortilla • Rice (<i>small portion</i>) • Pasta (<i>small portion</i>) <p>Eat small amounts of this food group.</p>	<p>Eat small portions of fruit at a time.</p> <ul style="list-style-type: none"> • Apples • Bananas • Blueberries • Cherries • Grapefruit • Grapes • Kiwi • Strawberries • Raspberries • Pineapple • Mango <p>Do not drink fruit juice. Limit dried fruit.</p>	<p>Choose only pasteurized plain milk or yogurt.</p> <ul style="list-style-type: none"> • 1% or fat free milk • Soy milk with calcium • Plain Yogurt

Fats and Oils

Avocado and fish have healthy fats. Use healthy plant oils like canola, sunflower and olive oil for cooking. **Avoid solid fats, such as lard, shortening & butter.**