

MOTHeRS' Food Guide for Women with Gestational Diabetes

Always follow your doctor's instructions. If you have high blood pressure, high blood sugar or other special medical conditions, ask for a visit with a dietitian

If you have allergies, do not consume foods containing ingredients to which you are allergic

Splenda, Equal, and Stevia are okay during pregnancy

Remember to take your prenatal vitamin daily

FATS

(Limit amount of)

2 tbsp avocado,
1 tsp butter/margarine/mayo,
2 tbsp reduced-fat dressing,
1 tsp cream cheese or salad dressing



Better fat choices are canola or olive oil, or reduced-fat margarine



★ MILK

(2 - 3 servings per day)

1 cup skim or low-fat milk
6 oz skim or low-fat yogurt



(unsweetened or artificially sweetened)

MEAT



★ Breaded meats

(4 - 6 oz per day)

3 oz lean meat, poultry or fish,
1 tbsp peanut butter, 1/2 cup tofu,
2 slices reduced-fat cheese, 1 egg,
1/4 cup LIGHT tuna, packed in water,
1/4 cup low-fat or non-fat cottage cheese,



NON-STARCHY VEGETABLES

(3 - 5 servings per day)

1/2 cup vegetable juice
1 cup raw leafy vegetables,
1/2 cup cooked vegetables
1/2 cup chopped vegetables



FRUITS ★

(2 - 4 servings per day)

1 small fruit, 1/2 banana,
1 cup raspberries,
10 - 15 grapes, 1 cup melon,
1 1/4 cup whole strawberries
1/2 cup canned fruit (in juice),
1/4 cup dried fruit, 2 tbsp raisins
3/4 cup blueberries or blackberries



CHOOSE A VARIETY OF FRUITS AND VEGETABLES

GRAINS, BEANS, AND STARCHY VEGETABLES

(6 or more servings per day)

★ Grains

1 slice bread, 1/4 bagel, 6-inch tortilla,
1/2 english muffin, pita, or biscuit,
1/2 hamburger or hotdog bun,
1/3 cup cooked rice or pasta
1/2 cup macaroni and cheese,
3/4 cup dry, unsweetened cereal,
1/2 cup cooked cereal (grits/oatmeal),



1 cup soup
4 - 7 crackers



3/4 oz chips, pretzels, or crackers

Starchy Vegetables ★

1 (3 oz) potato, 10-15 fries,
1/2 cup yams or sweet potatoes,
1/2 cup cooked beans, lentils, corn, or peas



★ Carbohydrates (approx. 15 grams per serving)