



### **General Guidelines for a Gestational Diabetes Diet**

The information below is simply a guideline. You are asked to follow any direct instructions from your provider or diabetic counselor.

- You and your baby need good nutrition. To accomplish this, choose a variety of food groups including the following:

Dairy	3-4 servings
Fruits	3 servings
Vegetables	2-3 servings
Grains/Starches	6-8 servings
Protein (meats, chicken, etc.)	2-3 servings
Fats	As needed for calories
- Don't skip meals. Be sure to have three meals and an evening snack. This helps keep the blood sugars stable and prevents low blood sugar levels during the night. Some good snacks include:
  - 1 cup low fat milk and 3 graham crackers
  - 1 cup low fat milk and 1 piece of fresh fruit
  - 1 cup low fat plain yogurt with 1 piece of fresh fruit
  - 1 cup of low fat milk, 3 graham crackers and 1 tablespoon of peanut butter
  - 1 oz. cheese, 6 saltine crackers and 4 oz. of orange juice or 1 fresh fruit
  - A sandwich of 2 slices of bread, 1 oz. meat or cheese or 1 tablespoon peanut butter
  - $\frac{3}{4}$  cup of dry cereal,  $\frac{1}{2}$  cup low fat milk, 1 fresh fruit
  - $\frac{1}{2}$  cup low fat milk,  $\frac{1}{2}$  sandwich (see above)
  - 1 cup low fat milk, 6 vanilla wafers or 3 cups air-popped popcorn
- Avoid ALL alcohol.
- Limit your intake of caffeine, especially in coffee and tea. One cup per day may be safe. Note: Brewed coffee has two to three times the amount of caffeine as instant coffee.
- Nutrasweet and Equal (aspartame) are allowed in moderation. Avoid saccharin and any other sugar substitutes.
- Avoid all concentrated sweets. Simple carbohydrates (those found in concentrated sweets) raise blood glucose (or blood sugar) levels very quickly. Please see the Sweets and Gestational Diabetes form.

After you deliver your baby, you need to try and maintain a desired body weight and watch your intake of concentrated sweets. Women who have had gestational diabetes are at an increased risk for developing diabetes later in life.