

Preliminary Diet Information for Gestational Diabetes

Diet Pattern: 3 meals and 3 or more snacks spaced every 2 to 3 hours apart. No milk or fruit with meals. Carbohydrates are limited to the stated quantity. There is no limit on protein or vegetables.

Diet Example:

Breakfast: Starch: 2 slices of wheat bread
(30 gm carbohydrate) Eggs/ cheese/ or other protein

Snack: 1 medium piece of fruit and 8 oz. milk
(30 gm carbohydrate)

Lunch: Starch: 3 slices of wheat bread OR 3 corn tortillas OR
(45 gm carbohydrate) 1 ½ cups pasta OR 1 cup rice PLUS
Beef, chicken, pork, fish or other protein
Cooked or raw vegetables (corn, peas, potatoes and beans are considered starch...see above)

Snack: 1 medium piece of fruit and 8 oz. milk
(30 gm carbohydrate)

Dinner: Starch: 3 slices of wheat bread OR 3 corn tortillas OR
(45 gm carbohydrate) 1 ½ cups pasta OR 1 cup rice PLUS
Beef, chicken, pork, fish or other protein
Cooked or raw vegetables

Bedtime snack: 6 Crackers or 1 slice of bread
(30 gm carbohydrate) Cheese, peanut butter or other protein
8 oz. milk

Avoid: Fruit juice and regular soda
Any foods that contain sugar
Cold cereals, Bagels
Fast food and restaurant food

OK to have: Diet soda or Crystal light drink mix
Nutrasweet or Splenda