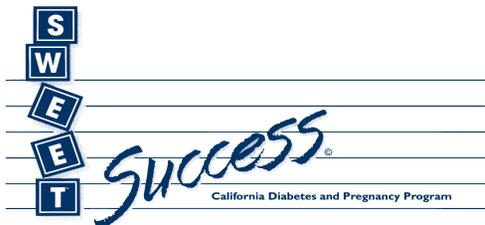


# DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

## Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
2. Eat a bedtime snack, no more than 10 hours before the next breakfast.
3. Drink plenty of fluids: at least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily. Do not have any alcoholic beverages.
4. Use artificial sweeteners in moderation.
5. Be careful of too many carbohydrates at once:
  - ◆ Starch, Fruit and Milk Food Groups contain carbohydrates.
  - ◆ Use only 2-3 servings of foods from these groups per meal/snack to start.
  - ◆ Spread carbohydrate foods throughout the day

For an individualized meal plan and more information, see a Registered Dietitian.



These are general guidelines from the Sweet Success: California Diabetes and Pregnancy Program, supported in part through contracts with the State of California, Department of Health Services, Maternal and Child Health Branch, Federal Title V Funds.

# Daily Food Pyramid for Gestational Diabetes

## WATCH OUT!

Talk to a dietitian about how these foods may affect your blood sugar: table sugar, honey, molasses, candy, jams, jelly, cakes, pies, donuts, cookies, regular sodas, Kool-Aid®, and fruit juice flavored drinks

## Milk

3 to 4 servings (4 for teens)

Tip: Drink only 8 fluid ounces of milk at one time. You may need to avoid milk at breakfast.

## Fruit

2 or more servings

Tip: Eat 1 serving at a time; avoid fruit juice; omit fruit from breakfast meal.

## Starch/Bread

7 or more servings

Tip: Large servings can raise blood sugar too much.

1 tsp oil

1/8 slice or 2 Tbsp avocado

1 Tbsp lite margarine

6 almonds or 2 whole walnuts

## Fats

3 or more servings

## Milk

3 to 4 servings (4 for teens)

Tip: Drink only 8 fluid ounces of milk at one time. You may need to avoid milk at breakfast.

## Fruit

2 or more servings

Tip: Eat 1 serving at a time; avoid fruit juice; omit fruit from breakfast meal.

## Starch/Bread

7 or more servings

Tip: Large servings can raise blood sugar too much.

## Protein/Meat

7 or more ounces spread out through the day  
1 Tbsp Peanut butter counts the same as 1 oz. of meat

## Vegetables

4 or more servings

Cold breakfast cereals, instant: soups, instant rice, instant noodles, instant potatoes, and other processed foods may raise your blood sugar.

The minimum servings recommended above meet the nutrient requirements for pregnancy but may not meet your individual energy needs. Talk to your dietitian about how many servings you will need.