

Eating Well with Gestational Diabetes

My blood sugar goals:

Before eating: less than 95

1 hour after eating: less than 140

2 hours after eating: less than 120

What is gestational diabetes?

- **Gestational diabetes is diabetes that you have during pregnancy.** It usually goes away after pregnancy.
- Like other types of diabetes, gestational diabetes affects how your body uses sugar (glucose).
- You can help manage gestational diabetes by eating healthy foods and exercising. Some people also need to take medicine because of hormone levels. Managing your blood sugars during pregnancy can keep you and your baby healthy.

What does “eating healthy” mean?

- **There is no special diet for gestational diabetes.** However, it is important to eat more of certain foods and less of others. Carbohydrates are foods that raise your blood sugar the most. These foods are important for you and the baby so you still need to eat them, but you should have consistent portions throughout the day.

Which foods have carbohydrates?

- **Many of the foods we eat have carbohydrates!** They help give you and the baby energy but its important to watch the portion sizes of them. Eating too much at one time can make your blood sugars high. Instead, have a small portion, about the size of your fist.

Carbohydrates with nutrients to help baby grow:

Grains	Whole grain breads and flours, brown rice, whole grain or bean-based pastas, whole grain cereals and crackers, corn tortillas, quinoa, millet, bulgur.
Beans/Peas	All types plus lentils.
Starchy Veggies	Yams, potatoes, corn, peas, green banana, plantains, cassava, pumpkin.
Fruits	All types.
Dairy/Calcium	Cow’s milk, low-sugar yogurt (look for less than 10g added sugar per serving).

Carbohydrates to limit/avoid (these raise your blood sugars a lot and don’t have many nutrients):

Sweets, baked goods, chips, juice (even 100% juice), sodas, sweet cereals, any sweet drinks

How do I know what a carbohydrate portion looks like?

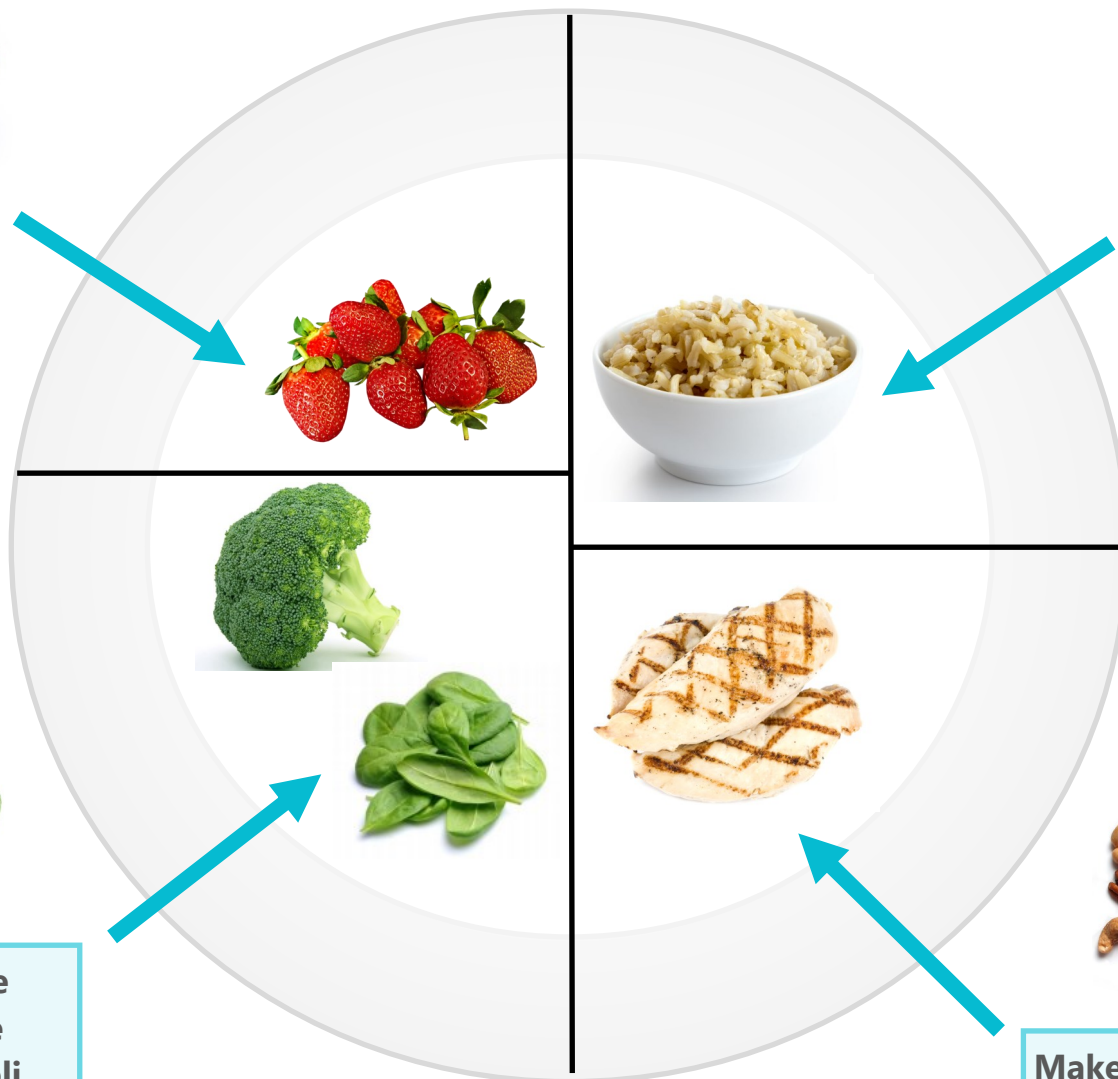
Portion sizes are different for different foods but a good way to manage your portions is to follow the plate method:



Optional: Have a small amount of fruit and/or 1 cup low-sugar yogurt or milk.



Make a quarter of your plate whole grains, beans and/or starchy veggies. The amount of grains or starchy veggies on your plate should be about the size of your fist.



Make most of your plate non-starchy veggies like greens, avocado, broccoli, peppers, carrots, tomato, cauliflower, or cucumber.



Make a quarter of your plate protein. Protein choices include chicken, turkey, beef, eggs, low mercury seafood, nuts and seeds.