

GESTATIONAL DIABETES DIET

The diet for women with gestational diabetes is purposely divided up into 3 meals and 3 snacks per day, in order to try to keep blood sugars levels from rising too high. The reason for this is as follows. If you eat simply 1 large meal a day, your pancreas has to produce a lot of insulin all at once to cover that large meal. If, however, you eat 6 small meals throughout the day, at any one feeding your pancreas only has to produce a small amount of insulin, which it is more capable of doing. It has been shown that under these conditions of frequent small meals, the blood sugars are more likely to remain in the narrow range of normal.

You should avoid using sugar in any form (white, brown, raw, honey or molasses). The following foods are high in sugar and should be avoided: candy, jams, jellies, syrups, regular gelatin, sweetened juice drinks, soda pop, donuts, sweetened cereals, pastries, and desserts such as cake, pie and ice cream.

You should avoid using artificial sweeteners.

When you eat fruit, do so in moderation (approximately 1/2 cup at a time) and with meals, not on an empty stomach.

Do NOT try to lose weight. In fact, during pregnancy you should gain weight slowly on this diet.

Cut back on fatty foods in your diet. Use low fat or skim milk instead of whole milk, leaner meat cuts trimmed of fat instead of high fat meats, and bake, broil or roast meats instead of frying them.

Your menu plan and a sample menu are outlined below. Refer to the Exchange List For Meal Planning to measure the exchanges of food in each food group.

MEAL MENU PLAN

SAMPLE MENU

Breakfast: 1 milk
1 fat
2 breads 1 cup low fat milk
1 tsp. margarine
3/4 cup unsweetened cereal
1 slice toast
Snack:

1 fruit
1/2 bread 1 small orange
3 crackers
Lunch:
1 milk
1 vegetable
2 breads
1 fat
1 fruit 1 cup low fat milk
1/2 cup carrot sticks
2 oz. meat
1 tsp. mayonnaise
1 small pear

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Snack:

1 fruit
1/2 bread 12 grapes
1 1/2 cups popcorn (fat free)

Dinner:

1 milk
1 vegetable
2 breads
4 meats
1 fat
1 fruit 1 cup low fat milk
1/2 cup broccoli
1 cup noodles, rice, or potatoes
4 oz. ground sirloin (broiled)
1 tsp. margarine
1/4 small cantaloupe

Snack:

1 milk
1 bread
1 fruit 1 cup low fat milk
3/4 cup unsweetened cereal
1/2 small banana

The following foods can be used 2-3 times a day:

decaffeinated coffee
catsup/mustard (1 tlbs.)
bouillon or broth
cocoa (1 tlbs.)
unsweetened gelatin
diet salad dressing
club soda (20 cal/tlbs)
Vinegar

Reviewed 3/2019