

Nutrition and Gestational Diabetes

Gestational diabetes is a type of diabetes that happens during pregnancy. At this time, the mother's body is not able to manage the glucose or sugar that she eats in a normal way. Most of the time, diet and exercise can control it. Gestational diabetes almost always goes away after the baby is born.

It is important for you and your baby's health to follow these nutrition guidelines:

- Eat a well balanced meal that follows the Canada Food Guide to Healthy Eating. You need to eat enough calories to have gradual weight gain over your pregnancy.
- Have a bedtime snack every day. Include food from 2 to 3 food groups (see next few pages).
- Milk, yogurt, fruit and some vegetables and starchy foods contain natural sugar. Servings of these should be spread out between 3 meals and 3 snacks each day.
- Avoid food that is full of sugar.
- Avoid drinking fruit juices as they are very high in natural sugar.



Your dietitian is: _____

Telephone number: 905-522-1155 ext. _____

Turn over →

Food Guide

Food group	Food to eat	1 serving = 15 grams of Carbohydrate	Amount to have each day	Food not to eat
Milk products	<input type="checkbox"/> any type of plain milk <input type="checkbox"/> yogurt <input type="checkbox"/> cream soup	1 cup or 8 ounces ½ cup 1 cup	<input type="checkbox"/> At least 4 servings a day <input type="checkbox"/> Limit to 1 serving of milk or yogurt each meal or snack <input type="checkbox"/> No limit on cheese	chocolate milk
Grain products These are also starchy foods.	<input type="checkbox"/> all bread <input type="checkbox"/> pita bread <input type="checkbox"/> buns <input type="checkbox"/> rice <input type="checkbox"/> rice cakes, bread sticks <input type="checkbox"/> potato, corn <input type="checkbox"/> legumes, lentils <input type="checkbox"/> pasta, grains <input type="checkbox"/> plain cereal such as bran flakes, corn flakes, rice krispies <input type="checkbox"/> crackers <input type="checkbox"/> homemade low sugar muffins <input type="checkbox"/> plain cookies such as Digestive, Arrowroot <input type="checkbox"/> bagel, English muffin <input type="checkbox"/> taco and tortilla shell <input type="checkbox"/> French fries <input type="checkbox"/> soup <input type="checkbox"/> popcorn <input type="checkbox"/> plain cake or cupcake: no icing	1 slice bread ½ pita 1 small or 1/2 large bun 1/3 cup 2 1 small or ½ cup ½ cup ½ cup cooked 3/4 cup 6 1 small 2 to 3 ½ small 1 small 10 or ½ small order 1 cup 3 cups 1 small	<input type="checkbox"/> At least 8 to 10 servings a day <input type="checkbox"/> Limit to 2 to 3 servings each meal and 1 to 2 servings each snack <input type="checkbox"/> Bake low sugar muffins, cookies and loaves by using 1/2 the amount of sugar in the recipe <input type="checkbox"/> Eat food from this group as a snack. Limit 1 to 2 servings.	sweet rolls pies, pastry, squares, donuts cereals with sugar coating granola, granola bars muffins from stores cookies with icing cookies with filling cake with icing

Food group	Food to eat	1 serving = 15 grams of Carbohydrate	Amount to have each day	Food not to eat
Fruit	<input type="checkbox"/> all fresh fruit <input type="checkbox"/> all dried fruit <input type="checkbox"/> raisins <input type="checkbox"/> unsweetened frozen fruit <input type="checkbox"/> canned fruit with no sugar added <input type="checkbox"/> all vegetables	1 medium or ½ large or ½ cup ¼ cup 1 tablespoon ½ cup ½ cup	<input type="checkbox"/> Limit to 3 servings each day <input type="checkbox"/> Limit of 1 serving each meal	all fruit juice fruit canned in syrup sweetened frozen fruit jelly salad made with sweetened jelly sweet pickles jelly salad made with sweetened jelly
Vegetables	<input type="checkbox"/> all vegetables		<input type="checkbox"/> Have 3 or more servings a day	sweet pickles jelly salad made with sweetened jelly
Meat and alternatives	<input type="checkbox"/> meat, fish, poultry without sweet sauces <input type="checkbox"/> eggs <input type="checkbox"/> cottage cheese <input type="checkbox"/> cheese <input type="checkbox"/> peanut butter <input type="checkbox"/> legumes, lentils: these should also be counted as 1 serving from Grain products group	2 to 4 ounces cooked 2 eggs ½ cup 1 to 2 ounces 2 tablespoons ½ cup	<input type="checkbox"/> At least 2 servings each day <input type="checkbox"/> No limit on number of servings each meal or snack	sweet sauces on meat, fish or poultry such as sweet and sour sauce or honey and garlic sauce ginger beef or chicken
Fat	<input type="checkbox"/> butter, margarine, oil <input type="checkbox"/> mayonnaise, salad dressing <input type="checkbox"/> gravy, cream sauces <input type="checkbox"/> cream cheese or cheese spread <input type="checkbox"/> sour cream, avocado	no limit but use in small amounts	<input type="checkbox"/> Use in moderate amounts to control weight gain and prevent heart disease	none

Food group	Foods to eat	Foods not to eat
Sugars and Sweets	<input type="checkbox"/> cocoa powder <input type="checkbox"/> ketchup <input type="checkbox"/> mineral water <input type="checkbox"/> no sugar added jam <input type="checkbox"/> relish <input type="checkbox"/> soda water <input type="checkbox"/> sugarless gum	brown sugar, white sugar, honey and molasses candy, chocolate gum with sugar jam, jelly, marmalade syrup regular soft drinks chocolate drink mixes fruit flavoured crystals iced tea, lemonade jello popsicles, freezies etc. ice cream bars milkshakes pudding sherbet

Sample One Day Menu

Breakfast	Lunch	Supper
2 slices whole wheat toast with peanut butter or 1 cup cereal 1 orange 1 cup milk	1 tuna sandwich 1 tossed salad 1 apple 1 cup milk	1 chicken breast 2/3 cup rice carrots broccoli 1 cup strawberries 1 cup milk
Morning Snack	Afternoon Snack	Bedtime Snack
3 arrowroot cookies 1 orange	1 ounce cheese 6 crackers	1 slice whole wheat bread with peanut butter 1 cup milk

Other snack ideas:

- 1 homemade muffin
- 1 or 2 pieces of toast with peanut butter
- ½ - 1 sandwich
- 3 cups of popcorn
- ¾ cups of cereal with milk

Metric Amounts:

1 cup	250 ml	1/3 cup	80 ml
½ cup	125 ml	¼ cup	60 ml
1 teaspoon	5 ml	2 ounces	20 grams
1 tablespoon	15 ml	3 ounces	90 grams
1 ounce	30 grams	4 ounces	120 grams