

## Preliminary Diet Information for Gestational Diabetes

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

### Diet Example

- Breakfast:**  
(30 gm carbohydrate)
- 2 slices of wheat bread **OR** 1 English muffin
  - Eggs/ cheese/ or other protein

- Snack:**  
(30 gm carbohydrate)
- 1 medium piece of fruit and 8 oz. milk; 10 almonds

- Lunch:**  
(45 gm carbohydrate)
- Starch: 2 slices of wheat bread **OR** 3 corn tortillas **OR** 1 cup 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:**  
(30 gm carbohydrate)
- 1 medium piece of fruit and Greek yogurt

- Dinner:**  
(45 gm carbohydrate)
- Starch: 2 slices of wheat bread **OR** 3 corn tortillas **OR** 1 cup pasta **OR** 1 cup rice
  - PLUS**
  - Beef, chicken, pork, fish or other protein
  - Cooked or raw vegetables

- Bedtime snack:**  
(30 gm carbohydrate)
- 4 ak-mak<sup>®</sup> crackers or 1 slice of bread
  - Cheese, peanut butter or other protein
  - 8 oz. milk
  - **DO NOT INCLUDE FRUIT AT BEDTIME**

- AVOID:**
- Fruit juice and regular soda
  - Any foods containing sugar
  - Cold cereals and bagels
  - Fast food and restaurant food

- OK to have:**
- Diet soda or Crystal Light<sup>®</sup> drink mix
  - Nutrasweet<sup>®</sup> or Splenda<sup>®</sup>