

Nutritional Rules Gestational Diabetes Diet

- Walk for 10-20 minutes after every meal to bring my blood sugar down.
- The Eat every 2-3 hours and within 1 hour of waking to keep my blood sugar stable
- Can eat, as much as I want, celery, cucumber, tomato, lettuce, zucchini, red bell peppers, seaweed salad, chard, and other watery/not very sweet vegetables.
- Eat some protein with every meal and every snack.
- For breakfast, I should eat an egg or some cheese with whole grain bread and butter or oatmeal.
- For lunch, I should have a salad with protein or sandwich with turkey or another protein.
- For dinner I should have chicken or fish or some vegetable protein, a vegetable, a starch and some fruit for dessert.
- For mid-morning snack, afternoon snack and evening snack I can have things like cottage cheese, plain yogurt, hummus with ½ pita, nuts, and vegetables with low fat ranch dip, cheese and crackers....
- Don't eat more than 3 servings of fruit per day and should stick mainly to fruit with fresh fruit with skin.
- When eating high-glycemic index fruit like watermelon, eat some fat or protein with it
- Sparing use of 100% fruit jam and other naturally sweet but predominately sugar products. No dried fruit. No juice.
- Nothing with added sugar - at all. No fruit on the bottom yogurt, no muffins, no ice cream, no chocolate, no lemonade, no sugar in coffee...
- Watch serving sizes of starchy vegetables (corn, peas) and not eat too much potato, peas, carrots, etc.
- No fruit, milk or cereal in the morning
- Can use Stevia, a natural sweetener, that may be available at Whole Foods and Trader Joes or Splenda