



Gestational Diabetes Diet



Gestational Diabetes (GDM) is a condition that only occurs during pregnancy. GDM leads to blood glucose levels that are above the healthy range. Eating a healthy diet and gaining the right amount of weight during pregnancy can help manage GDM. Being careful about what kinds of carbohydrates you eat may help control your blood glucose levels so you have a healthy baby. Watching the type and amount of carbohydrate you eat, and when you eat carbohydrates, keeps your blood glucose from being too high. Foods with carbohydrate include milk, fruit, starches (rice, pasta, bread, corn, beans), and sweets. These foods should be evenly spread throughout the day; however, due to hormonal changes during pregnancy, you will notice a lower carbohydrate allowance at breakfast time. Sugar substitutes can be requested as sweetener. This diet allows you to eat the foods you want while keeping your blood sugars under control. The number of carbohydrate (CHO) grams is listed next to the food item on your menu to assist you when ordering (i.e. Buttermilk Pancakes below have 9g CHO).

Carbohydrate Allotments: Breakfast = 30g CHO, Lunch = 60g CHO, Dinner = 60g CHO

Snacks: 10am = 15-20g CHO, 2pm = 15-20g CHO, 8pm = 15-20g CHO

Breakfast:

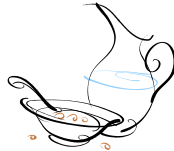
Entrees

Scrambled/Low Cholesterol/Hard Boiled
Omelet with Choice of:
Onion/Green Pepper/Tomato/Mushroom/
Cheese
Buttermilk Pancake (9)
French Toast (34)



On the Side

Hash Brown Patty (13)
Turkey Sausage
Bacon



Yogurt/Fruit

Apple (18)
Banana (22)
Peach Slices (15)
Orange (16)
Fresh Fruit Cup (11)
Applesauce (14)
Pear Halves (17)
Yogurt: Vanilla,
Strawberry or
Plain Greek
(20/20/5)



Cereals

Grits (21) Cheerios (14)
Oatmeal (16) Corn Flakes (18)
Special K (13) Rice Krispies(16)
Cream of Wheat (11)

Bakery

½ Bagel (21)
Wheat/White Bread (13)
English Muffin (23)
Muffin: Blueberry/Plain
(22/24)

Lunch/Dinner:

Entrees/Sandwiches

Meatloaf (9)	Grilled Vegetable Wrap (19)	Pizza (50)
Hamburger (28)	Grilled Chicken Sandwich (28)	Quesadilla (Cheese/Chicken/Veggie) (18)
BBQ Chicken Breast	Grilled Cheese Sandwich (30)	Tacos (Beef/Chicken) (17)
Teriyaki Glazed Chicken (2)	Veggie Burger (46)	Deli (~30): Turkey, Ham, Roast Beef,
Roasted Turkey Breast	Pot Roast (2)	Chicken, Tuna or Egg Salad
Crispy Baked Tilapia (9)	Peanut Butter & Sugar-Free Jelly (36)	BBQ Pulled Pork Sandwich (36)
Baked Chicken Tenders (33)	Pasta (Meat or Marinara Sauce) (35/38)	



On the Side

Carrots (7)	Green Peas (13)	Boiled Potatoes (21)
White Rice (26)	Corn (18)	Yellow Squash (4)
Cornbread (22)	Dinner Roll (17)	Whipped Potatoes (23)
Green Beans (4)	Broccoli (4)	Collard Greens (11)

Beverages

Milk: Skim (12)/Lactose Free (13)/
Soy (8)
Coffee: Regular/Decaf
Hot Tea: Regular/Decaf
Unsweet Iced Tea
Sodas: Sugar-free Cola/ Sugar-free
Lemon-lime/ Crystal Light®



Soup/Salad

Chicken Noodle (12)
Tomato (14)
Cream of Potato (17)
Garden Vegetable (7)
Beef/Chicken/Veg Broth (3)
Salads:
Taco (22), Blackened
Chicken (8), or Chef (9)
Garden Salad (3)
Pasta Salad (9)
Cole Slaw (6)
Fruit & Cottage Cheese Plate (37)

Desserts

Vanilla Wafers (18)
Graham Crackers (10)
Angel Food Cake (16)
Diet Pudding (12)
Diet Gelatin
Diet Ice Cream (16)
Lemon Fruit Ice (22)