

Preliminary Diet Information for Gestational Diabetes

We understand that there is a great deal of anxiety associated with the diagnosis of gestational diabetes. The certified diabetes educator at the Center for Maternal-Fetal Medicine will meet with you to discuss gestational diabetes in detail at your appointment. Until your appointment, we recommend this preliminary diet information.

Diet Pattern: 3 meals and 3 snacks spaced every 2 to 3 hours apart. No fruit juice, no fruit before 11:00 am. Carbohydrates (carbs) are limited to the stated quantity. There is no limit on protein or nonstarchy vegetables.

Diet Example:

Breakfast: Carbohydrates/Starch – 2 slices of wheat bread or 1 slice with 1 cup skim/lowfat milk

(30 grams carbs) Eggs/cheese/ or other protein

Snack: 1 medium piece of fruit with proteins (15 grams carbs)

Example: apple with peanut butter or yogurt or cheese/crackers

Lunch: Carbs/Starches – 2 slices wheat bread OR 2 corn tortillas

(60 grams carbs) OR 1 cup of pasta or ½ cup rice PLUS beef, chicken pork, fish or other protein.

1 piece fruit (apple, orange, pear)

Non starchy vegetables

Snack: 1 piece of fruit with 8 oz milk OR

(25 grams carbs) Cheese/crackers with 8 oz milk

Dinner: Same as lunch

(60 grams carbs)

Bedtime Snack ½ peanut butter sandwich with 1 c milk

(25 grams carbs)

AVOID: Fruit juice and regular soda, any foods that contain sugar, cold cereal, bagels, fast food.