

Preliminary Diet Information for Gestational Diabetes

We understand that there is a great deal of anxiety associated with the diagnosis of gestational diabetes. Our certified diabetes educator 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 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
(30 grams carbs)	Eggs/cheese/ or other protein
Snack:	1 medium piece of fruit with proteins
(15 grams carbs)	Example: apple with peanut butter
Lunch:	Carbs/Starches – 3 slices wheat bread OR 3 corn tortillas
(60 grams carbs)	OR 1 ½ cup of pasta or 1 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)	
AVOID:	Fruit juice and regular soda, any foods that contain sugar, cold cereal, bagels, fast food.
OK TO HAVE:	Diet soda, Crystal Light, Nutrasweet or Splenda, lunch meat