

Gestational diabetes mellitus can be treated by following a meal plan that focuses on regular, balanced meals and healthy snacks. A healthy meal plan during pregnancy is one that includes eating a variety of nutritious foods in moderate amounts and at regular mealtimes. It is important to eat *healthy carbohydrates* to help you control your blood glucose level.

Creating a healthy meal plan for gestational diabetes mellitus

Eat 3 meals per day.

- Plan to eat your meals at about the same time each day.
- Do not skip meals.
- Make sure you eat a variety of foods (fruits, vegetables, protein, whole grains, and dairy).
- If your meals are more than 5 hours apart, have a small snack.

Enjoy healthy carbohydrates

While all foods can affect your blood glucose, carbohydrates may have the biggest impact. A meal plan with consistent amounts of carbohydrates can help improve your blood glucose. This means that you eat the same amount of carbohydrates at each meal.

Examples of healthy carbohydrates are:

- Starches (whole grain bread, brown rice, whole grain pasta)
- Beans (lentils, chickpeas)
- Starchy vegetables (winter squash, potatoes, corn, peas)
- Fruit (apples, grapes, oranges)
- Low-fat dairy products (milk, plain yogurt)

Count your carbohydrates daily.

- You may want to use a website such as www.myfitnesspal.com to do this.

Foods to limit

Limit foods that are high in unhealthy fats and in sugar such as:

- Flavored yogurt, ice cream, juice
- Syrup-packed canned fruit, dried fruit and fruit spread (jams, jellies)
- Bakery goods (cookies, cake, pastry)
- Candy, crackers
- Sugar-sweetened cereals
- Sweetened drinks (soft drinks, sweetened drink mixes)
- Sweeteners (sugar, honey, molasses, syrup)

Food portion control - Watch portion sizes

- Even healthy foods, such as large portions of fruit, will cause high blood glucose if you eat too much.
- Make sure each of your meals has the same amount of carbohydrates.
- Follow the *My Plate Planner* (www.choosemyplate.gov).

Use My Plate Planner

Create a healthy plate that will help to keep your blood glucose in an acceptable range.

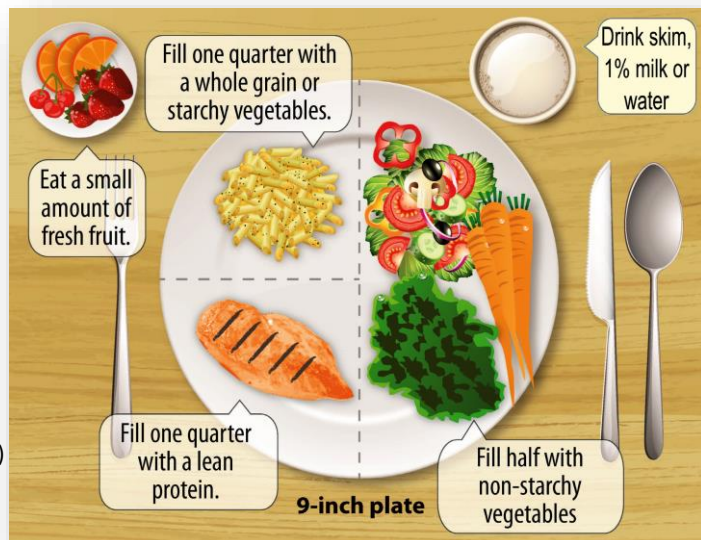
Reading Nutrition food labels

Food labels contain important information to help you manage your meal plan.

- Find the serving size
- Find the total carbohydrate per serving

Since carbohydrates have a big impact on your blood glucose, it is important to keep track of how many carbohydrates you eat.

- Carbohydrates are measured in grams (g).
- One serving of carbohydrates is 15 grams.



Nutrition Facts		
Serving Size	1 cup (228g)	
Servings per container	2	
Amount per serving		
Calories	250	Calories from Fat 110
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Total Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
*Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate	Less than	300g 375g
Dietary Fiber		25g 30g

- 1 Serving Size / Number of Servings
- 2 Calories / Calories from Fat
- 3 % Daily Value
- 4 Nutrients to Limit
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