

What Foods to Eat with Gestational Diabetes

Build Your Plate

STEP 1

Fill ½ of the plate with vegetables (approx. 2 cups)

Non Starchy Vegetables

- Artichoke
- Asparagus
- Bamboo Shoots
- Bean Sprouts
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussel Sprout
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Edamame
- Eggplant
- Fennel
- Greens
- Green Bean
- Kale
- Leek
- Lettuces
- Mushroom
- Okra
- Onion
- Peppers
- Radish
- Rutabaga
- Spinach
- Squash (Yellow, Spaghetti)
- Taro
- Tomato
- Turnip
- Zucchini

<i>Meal</i>	<i>Carbohydrate Allowance</i>
Breakfast	15g – 20g
Snack	15g – 20g
Lunch	30g – 45g
Snack	15g – 20g
Dinner	30g – 45g
Snack	15g – 20g

STEP 2

Fill ¼ of the plate with protein (approx. 3-4 ounces)

Proteins

- Animal Meats
- Beans*
- Eggs
- Greek Yogurt
- Nuts
- Seafood
- Seeds
- Tofu

*Contains a significant amount of carbs

STEP 3

Fill ¼ of the plate with carbohydrates (approx. ½ cup)

Carbohydrates

- Barley
- Beans
- Brown Rice
- Bulgur
- Corn
- Cornmeal
- Farrow
- Lentils
- Oats
- Parsnip
- Peas
- Plantain
- Potatoes
- Quinoa
- Rye
- Squash (Acorn, Butternut)
- Whole Fruits
- Whole Wheat products (100% is best)