

DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
2. Eat a bedtime snack, no more than 10 hours before the next breakfast.
3. Drink plenty of fluids: at least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily. Do not have any alcoholic beverages.
4. Use artificial sweeteners in moderation.
5. Be careful of too many carbohydrates at one meal:
 - ❖ Carbohydrates raise blood sugar more than protein or fat.
 - ❖ Foods in the Starch, Fruit and Milk Groups contain carbohydrates.
 - ❖ Eat only 2 or 3 servings of foods from these groups at each meal/snack to start.
 - ❖ Spread carbohydrate foods throughout the day.

For an individualized meal plan and more information, see your Registered Dietitian.



California Diabetes and Pregnancy Program

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