

Sample Menu

Time	Meal Plan	Menu Ideas
Breakfast 7:00am	Milk	0
	Starch	1 1/2 cup non-instant oatmeal
	Fruit	0
	Vegetable	1 1 cup chopped onion, tomato, bell pepper mixed in eggs
	Protein	2 2 eggs
	Fat/Oil	1 1 tsp canola oil (to fry eggs and vegetables)
Snack 9:30am	Milk	1 3/4 cup no sugar added, low fat yogurt
	Starch	1 3 cups plain popped corn
Lunch 12:00pm	Milk	0
	Starch	2 2 slices whole wheat bread
	Fruit	0
	Vegetable	1 lettuce, tomato, sprouts (on sandwich)
	Protein	2 2 oz sliced turkey
	Fat/Oil	1 2 tsp mayonnaise
Snack 3:00pm	Protein	1 1 oz low fat cheese
	Starch	1 1 tortilla (6 inches)
	Fruit	1 17 small grapes
Dinner 6:00pm	Milk	1 1 cup fat free milk
	Starch	1 1/3 cup cooked brown rice
	Fruit	1 1 small apple
	Vegetable	2 1 cup broccoli and 1 cup lettuce salad
	Protein	2 2 oz lean beef
	Fat/Oil	2 2 tsp salad dressing
Snack 9:00pm	Milk	1 1 cup fat free milk
	Protein	1 1 tbsp natural peanut butter
	Starch	1 1 slice whole wheat bread

If you need help call:

Your health care provider or clinic: _____

Breastfeeding Resource Listing: 1 800 835-5968

Lactation program: _____

La Leche League International: 1 800 525-3243

WIC: _____

For diabetes and pregnancy information go to:

<http://www.CDAPPSweetSuccess.org>

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Nutrition Tips

For Women Who Breastfeed After Having Gestational Diabetes



“When I was pregnant, I had gestational diabetes. I decided I was going to breastfeed my baby. Breastfeeding is the best thing for both of us.”

Look inside for information on nutrition and breastfeeding!



Breastfeeding is good for you and your baby. Your breastmilk is the best food for your baby. Your baby will not get diabetes from your breastmilk. Breastmilk helps prevent your baby from having diabetes later in life. **The longer you breastfeed the better it is for you and your baby. Breastfeed for at least one year.**

Women who had gestational diabetes are more likely to get diabetes in the future. To help prevent or lower your risk of getting diabetes: eat right, stay at a healthy weight, stick to an exercise routine, and breastfeed.



Here are some tips to help you breastfeed:

- 1 Breastfeed your baby often (at least eight to twelve times each day). This will help you **make more milk**.
- 2 Try to drink water each time you breastfeed.
- 3 Continue to follow the meal plan you got when you were pregnant.
- 4 Eat three small meals **and** three or more healthy snacks every day.
- 5 Limit the amount of fats you eat each day. Some examples of fats are:
 - ❖ butter
 - ❖ oil
 - ❖ salad dressing
 - ❖ bacon
 - ❖ sour cream
 - ❖ mayonnaise

- 6 Limit the amount you drink of the following:
 - ❖ alcohol
 - ❖ coffee
 - ❖ tea
 - ❖ other caffeinated drinks
- 7 Eat high fiber foods. Some examples of high fiber foods are:
 - ❖ vegetables
 - ❖ whole grains
 - ❖ beans
- 8 Being overweight increases your risk of getting diabetes. Get to a weight that is best for your height. Lose weight slowly. Try to lose between 1 and 4 1/2 pounds a month. Talk to your health care team about healthy ways to lose weight. Try the following:
 - ❖ Set a weight goal. Break your main goal into smaller “mini” goals. For example, you may want to lose a total of 30 pounds. Your first “mini” goal might be to lose 3 pounds this month.
 - ❖ Do not use diet pills.
 - ❖ Talk with a registered dietitian to help you plan a healthy diet.
- 9 Ask your health care team if you need to take any vitamin or mineral pills.
- 10 Plan an exercise routine. Walking is a good choice.

