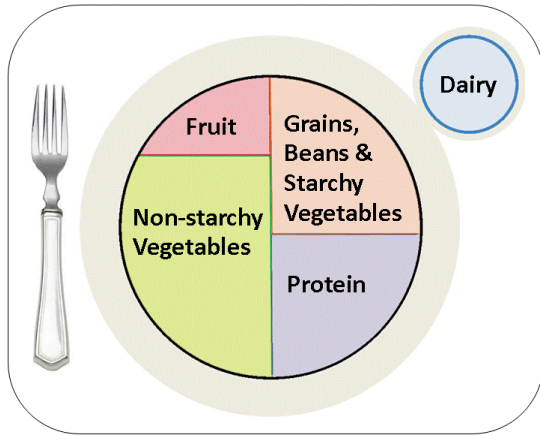


# California MyPlate for Gestational Diabetes



When you are pregnant and have diabetes, you have special nutrition needs. Use *MyPlate for Gestational Diabetes* to help you manage your blood sugar. This will help keep you and your baby healthy. Every day, eat the number of servings/choices of food shown below. Talk to a registered dietitian (RD) to develop a meal and exercise plan that will meet your needs.

**⚠️ Limit Your Carbohydrates.** When you have gestational diabetes, the type and amount of carbohydrates matter. Vegetables, Grains, Fruits, and Milk contain carbohydrates. Some have more and some have less. Eating too many or the wrong type of carbohydrate may raise your blood sugar. Avoid foods with added sugar or white flour, such as cookies, candy and soda.

## Vegetables

**Eat non-starchy vegetables.**

Use fresh, frozen or low-sodium canned vegetables.

For diabetes, starchy vegetables like potatoes, sweet potatoes, yams, peas, corn & winter squash count as a Grain, not a Vegetable.

### **Daily Amount**

- 6** or more of these choices:
- 2 cups raw leafy vegetables
  - 1 cup raw vegetables
  - 1/2 cup cooked vegetables



**5 grams (g)** carbohydrate per serving

## Protein

**Choose lean protein.**

Avoid bacon, hot dogs & bologna.

### **Daily Amount**

- 6** or more of these choices:
- 1 ounce fish, poultry, lean meat, or cheese
  - 1/4 cup cottage cheese
  - 1 egg
  - 1 ounce nuts
  - 1/2 cup tofu
  - 2 Tablespoons nut butter



**0 g** carbohydrate per serving

## Grains

**For diabetes, beans & starchy vegetables count as Grains.**

Eat 100% whole grains. Avoid cold breakfast cereals. Avoid instant rice, noodles & potatoes.

### **Daily Amount**

- 7** of these choices:
- 1 slice whole wheat bread
  - 1/2 cup potato or yam
  - 1 small whole grain tortilla
  - 1/2 cup cooked dried beans, non-instant cereal, corn or peas
  - 1/3 cup cooked pasta, rice



**15 g** carbohydrate per serving

## Fruits

**Eat unsweetened fruits of all colors.**

Do not drink fruit juice. Avoid fruit at breakfast. Limit dried fruit to 1/4 cup a day.

### **Daily Amount**

- 2** of these choices:
- 1 small apple
  - 17 small grapes
  - 1 cup papaya
  - 1/2 banana



**15 g** carbohydrate per serving

## Milk

**Choose only pasteurized plain milk or yogurt.**

For diabetes, cheese is in the Protein group. Do not eat yogurt or drink milk at breakfast.

### **Daily Amount**

- 3** of these choices for women  
or  
**4** of these choices for teens:
- 1 cup 1% or fat free milk
  - 1 cup soy milk with calcium
  - 3/4 cup of plain yogurt



**15 g** carbohydrate per serving

## Fats & Oils

- Use healthy plant oils like canola, safflower & olive oil for cooking.
- Read labels to avoid saturated & trans fats (hydrogenated fats).
- Avoid solid fats such as lard, shortening & butter.

- Fish has healthy fats. Eat cooked fish at two meals each week.
- Limit oils to 6 teaspoons each day.

**0 g** carbohydrate per serving

# My Nutrition Plan for Gestational Diabetes

This is my plan until I meet with a registered dietitian (RD) for my personal meal and exercise plan.

**EVERY day, I will:**

- Eat 3 meals and 3 snacks, 2 to 3 hours apart.
- Eat my bedtime snack so that no more than 10 hours pass before I eat breakfast the next day.
- Drink plenty of fluids. I will choose caffeine-free, sugar-free beverages. I will limit coffee to 2 cups daily & not drink alcohol.
- Limit artificial sweeteners to 1 - 2 servings a day.
- Try to walk for 10 - 15 minutes after each meal, especially breakfast.

Include protein and carbohydrates at each meal and snack.

Eat at least 175 grams (g) of carbohydrates a day. For the amount of carbohydrates in one serving of food, see below:

- ◆ **Non-starchy Vegetables** = 5g
- ◆ **Protein** = 0g
- ◆ **Grains, Beans and Starchy Vegetables** = 15g
- ◆ **Fruit** = 15g
- ◆ **Milk** = 15g

As a sample, meals may look like this:

## Breakfast

**Eat 15g carbohydrates from the Grains group**

**Include:**

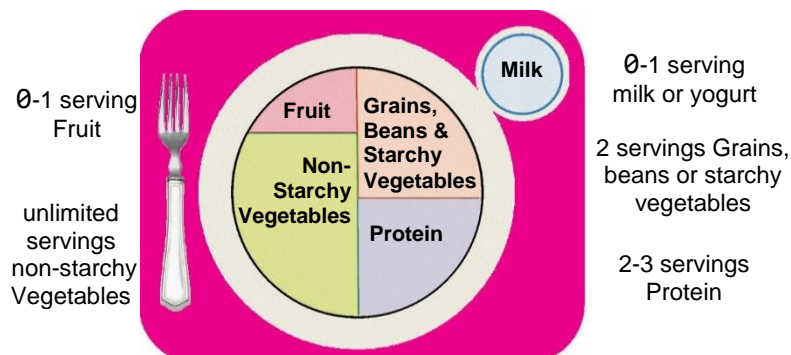
- ◆ 1-2 servings Protein
- ◆ unlimited servings of non-starchy Vegetables

Do not eat Fruit, yogurt or drink milk.

**Example of a breakfast:**

One egg omelet with cheese & vegetables and one slice toast

## Lunch and Dinner



**Eat 45g carbohydrates, not including non-starchy vegetables**

- ◆ Choose only one serving fruit, milk or yogurt at lunch and at dinner

## Snacks

**Eat 15g-30g carbohydrates from Fruit, Grains, or Milk group**

**Include:**

- ◆ At least 1 serving Protein with every snack
- ◆ unlimited servings of non-starchy Vegetables

**Examples of snacks:**

- ◆ 1 small tortilla + 1 ounce cheese
- ◆ 2 rice cakes + celery + 2 tablespoons nut butter
- ◆ 1/2 banana + 24 almonds