

Easy Nutrition Guideline for Gestational Diabetes

- ~ Eat 45-60 grams of carbohydrates at meals
- ~ Eat 15 grams of carbohydrates for snacks
- ~ Eat three meals and three snacks daily and try to eat at the same time each day
 - ~ No cereal, milk, fruit juice or fruit for breakfast
 - ~ Drink up to one gallon of water daily
- ~ Try to avoid white flour products, tortillas, bread, rice, pasta and potatoes
 - ~ Stay away from processed foods
- ~ Do not go more than 2 – 3 hours without eating
- ~ Eat fruits after a meal that includes protein
 - ~ Avoid foods high in sugar
- ~ Minimal artificial sweeteners – avoid saccharin totally