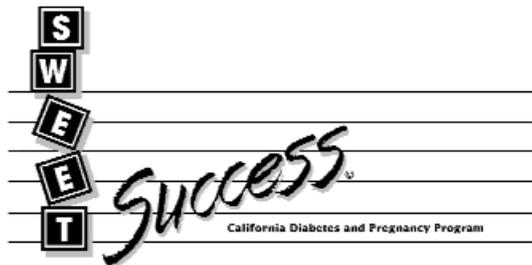


DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
2. No more than 10 hours should pass between your bedtime snack and the breakfast meal.
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 3 servings of foods from these groups at each meal and 1 to 2 at snack time to start.
 - ❖ Spread carbohydrate foods throughout the day.

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



These are general guidelines from the California Diabetes and Pregnancy Program: Sweet Success. Supported by Federal Title V Funds received from the State of California Department of Public Health; Maternal, Child and Adolescent Health Branch

Asian Indian Food Pyramid for Gestational Diabetes

Sweets - WATCH OUT!

Talk to a dietitian about ways to modify Indian sweets/desserts. Also discuss how the following foods may affect your blood sugar: table sugar, honey, molasses, candy, jams, jellies, cakes, pies, donuts, cookies, regular sodas, Kool-Aid® and fruit-flavored drinks.

