

MyPlate California

For People with Gestational Diabetes

Use this MyPlate to help manage your blood sugar to keep you and your baby healthy. The image below represents a 10-inch plate.

Fruit | focus on whole fruits and do not drink fruit juice.

Eat fruit at meals and snacks except for breakfast. Avoid dried fruit. Use a colorful variety of fresh, frozen and canned fruit without added sugars.

Non-starchy vegetables | use fresh, frozen or low-sodium canned vegetables.

Enjoy green leafy and various colored vegetables.

Tips

- ▶ Keep your blood sugar in control by eating protein and limiting highlighted foods at each meal.
- ▶ Add healthy fats like avocados, fish, seeds, nuts and plant oils like canola, safflower and olive oil to your meals.
- ▶ Choose healthy beverages. Drink water throughout the day and limit caffeinated beverages like coffee and tea.
- ▶ Take a vitamin pill with 400 mcg of folic acid every day.



Milk | choose only unsweetened fat-free (0%), low-fat (1%) milk, yogurt, or fortified soy milk.

Do not eat yogurt or drink milk at breakfast. Teens need more calcium, so add to all snacks.

Whole grains | eat 100% whole grains.

For diabetes, beans and starchy vegetables like winter squash and sweet potatoes count as grains. Avoid cold breakfast cereals and instant noodles.

Protein | choose lean protein

Eat cooked fish low in mercury twice per week. Every day eat plant protein like tofu, seeds and nut butter. For diabetes, cheese is a protein food. Avoid salami, hot dogs and bologna.



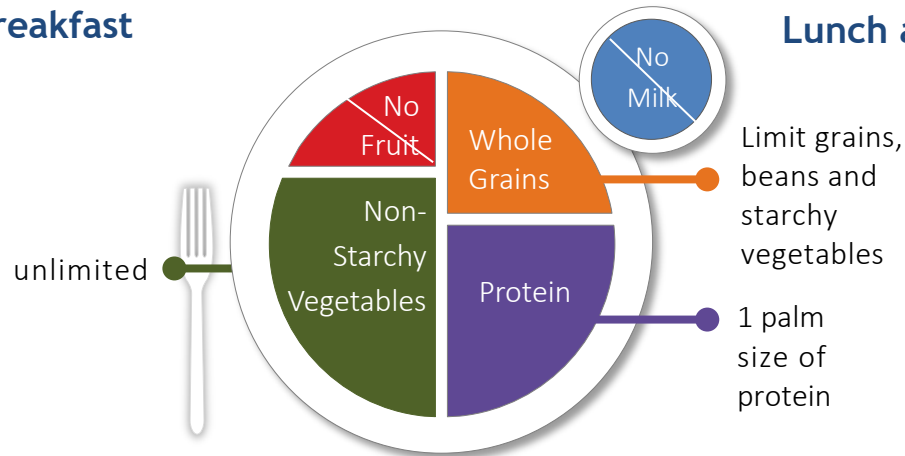
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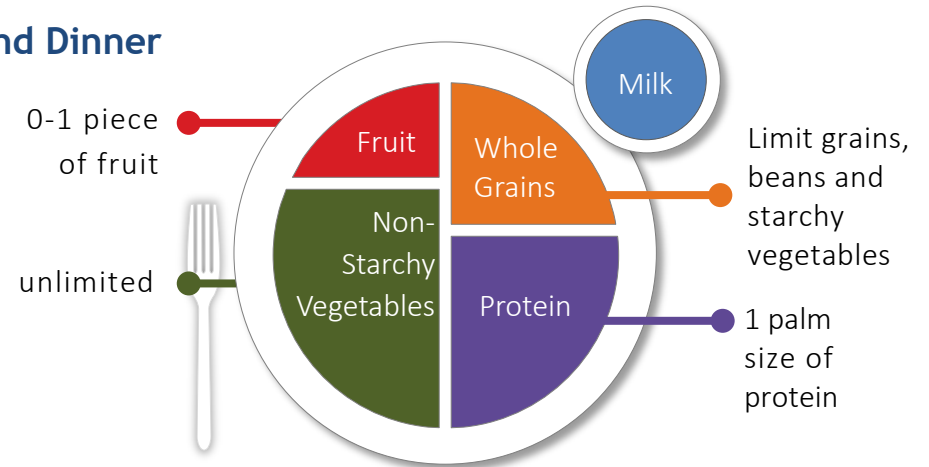
Ask your health care provider to refer you to a Registered Dietitian/Nutritionist for a custom nutrition plan just for you. Until then, use this *MyPlate for People with Gestational Diabetes* for guidance in each food group you need every day.

Meals may look like this:

Breakfast



Lunch and Dinner



Snacks Include protein and unlimited non-starchy vegetables. You may include limited amounts of food from the fruit, grain or milk group.

Examples of snacks:

- ▶ 1 slice whole grain toast + 1 ounce cheese + salsa
- ▶ 1/4 cup tuna salad + 4 to 6 whole grain crackers
- ▶ 1/2 banana + 12 almonds + unlimited non-starchy vegetables

Every day, I will...

- ✓ Eat 3 meals and 3 snacks, 2 - 3 hours apart.
- ✓ Drink plenty of fluids. I will choose caffeine-free, sugar-free beverages.
- ✓ Not allow more than 10 hours to pass between my bedtime snack and breakfast.
- ✓ Limit coffee to no more than 2 cups daily and do not drink alcohol.
- ✓ Read food labels to avoid added sugars. Limit artificial sweeteners to 1 - 2 servings a day.
- ✓ Try to walk for 10 - 15 minutes after each meal, especially breakfast.

Education resources



To locate additional education resources for people with diabetes during pregnancy, visit go.cdph.ca.gov/diabetes-and-pregnancy.