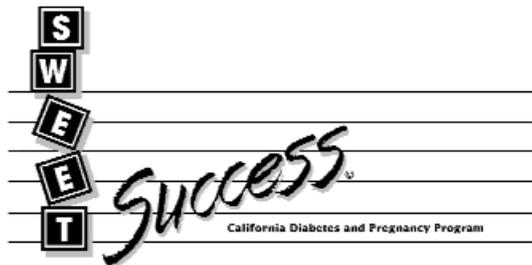


DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
2. Eat a bedtime snack, no more than 10 hours before the next breakfast.
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 2 or 3 servings of foods from these groups at each meal/snack 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 Sweet Success: California Diabetes and Pregnancy Program, supported in part through contracts with the State of California, Department of Health Services, Maternal, Child and Adolescent Health Branch, Federal Title V Funds.

Sweets - WATCH OUT!

Talk to a dietitian about how these 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.

Fats

3 or more servings

