

Healthy Eating for Diabetes in Pregnancy

1. Limit foods and drinks that are high in added sugar.
2. Choose fresh fruit instead of fruit juices. Drink water to quench your thirst.
3. Eat a well-balanced diet with enough calories to gain weight gradually (about 0.5 kg or 1 lb a week after the first 12 weeks of pregnancy).
4. Grain products and other starchy foods, fruit, milk and yogurt contain natural sugar (carbohydrate). Servings of these foods should be spread out between 3 meals and 3 snacks. Eat a meal or snack every 2–3 hours.
5. Have a bedtime snack every day, including foods from at least 2–3 food groups.
6. Choose foods high in fibre often, as they may be more slowly digested and cause a smaller increase in blood sugar.

Dietitian: _____

Phone: _____

Healthy Portions based on *Eating Well with Canada's Food Guide*.

Grain products and other starchy foods, fruit, milk, and yogurt all contain about 15 grams of carbohydrate per serving.

Grain Products and other Starchy Foods



At least 6–7 servings per day

Limit to 2–3 servings per meal and 1-2 servings per snack.

One serving is:

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|------------------------------|------------------------|----------------------------|
| 1 slice bread | ½ English muffin | 2 perogies |
| ⅓ - 6" submarine bun | ¾ cup lentils or beans | 7 small crackers |
| 1 small or ½ large bun | ½ cup barley or | 4 Melba toast |
| ½ hamburger or hotdog bun | couscous, cooked | 2 rice cakes or crispbread |
| ½ small or ¼ large bagel | ½ cup pasta, cooked | 1 cup soup |
| ½ small pita | ⅓ cup rice, cooked | 1 slice thin pizza crust |
| 1 small (6") roti or chapati | ½ cup grains, cooked | 1 small homemade muffin |
| 1 small or ½ large tortilla | ¾ cup cooked cereal | 3 cups popcorn |
| 2 small taco shells | ½ cup cold cereal | 2–3 plain cookies |
| 1 small waffle or pancake | ½ cup potato, cooked | 4 graham wafers |
| | ½ large potato | 1 plain granola bar |
| | ½ cup or ½ cob corn | |

- Choose whole grain bread (e.g., stoneground, multigrain, pumpernickel) and cereal.
- Bake low sugar muffins, loaves, and cookies by using half the amount of sugar that is in the recipe.
- Examples of plain cookies are digestive, oatmeal, Arrowroot®, Social Tea®, and gingersnap.

Vegetables and Fruit



At least 7–8 servings per day

Vegetables

One serving is:

½ cup vegetables or 1 cup salad

- Choose generous portions of vegetables.
- Count potato and corn as servings from the Grain Products group.

Fruit

Limit to 1 serving of fruit per meal or snack.

One serving is:

- | | |
|-------------------------------------|--------------------------------|
| 1 medium-sized fruit | ½ cup unsweetened frozen fruit |
| 1 cup fresh fruit | ¼ cup dried fruit |
| ½ cup canned fruit (no sugar added) | 2 fruit leathers |

Milk Products







At least 3 servings per day

Limit to 1–1½ servings of milk or yogurt per meal or snack.

One serving is:

- 1 cup milk
- ¾ cup yogurt (plain or diet)
- 1½ ounces (50 grams) cheese

- If you are unable to take milk products, please speak with your dietitian. Plain, calcium-fortified soy milk can be used instead.
- There is no limit on cheese.

<p>Meat and Alternatives</p>  <p>At least 2–3 servings per day</p>	<p>One serving is:</p> <p>2½ ounces (75 grams) or ½ cup cooked meat, poultry, or fish 2 eggs 2 tbsp. peanut butter ¾ cup tofu</p> <p>½ cup cottage cheese ¼ cup nuts *¾ cup cooked legumes, lentils and beans (these also count as 1 serving from the Grain Products group)</p> <ul style="list-style-type: none"> • These foods do not raise blood sugar (*except legumes, lentils, and beans). • Limit sweet sauces such as sweet & sour and teriyaki, and breading/batter on meat and fish. • Refer to the book <i>From Here Through Maternity</i> for important food safety information.
<p>Fats</p> 	<p>Examples:</p> <p>oil mayonnaise cheese spread margarine sour cream gravy butter cream cheese cream sauces salad dressing</p> <ul style="list-style-type: none"> • These foods do not raise blood sugar. • If needed, use moderation to help control weight gain.
<p>Extras</p> 	<p>These foods have no effect on blood sugar:</p> <p>water coffee spices tea diet drinks broth</p> <p>Many foods that contain artificial sweeteners such as Nutrasweet® (aspartame), Splenda® (sucralose) and acesulfame-K have very little effect on blood sugar and can be used to replace other sweets. These sweeteners are safe to use during pregnancy. Do not use sweeteners made of cyclamate, saccharin, or stevia.</p>
<p>Sweets</p> 	<p>These foods are high in added sugar and should be limited:</p> <p>sugar regular soft drinks donuts ice cream honey iced tea squares sherbet syrup lemonade pies popsicles jam Slurpees® cakes flavoured creamers candy Ice Caps® sweet rolls chocolate chocolate drinks milkshakes</p>

Metric conversion: ½ cup = 125 mL
1 cup = 250 mL

1 tablespoon = 15 mL
1 teaspoon = 5 mL

1 ounce = 30 grams

Sample One Day Menu

Breakfast

1 slice multigrain toast with
peanut butter
 $\frac{3}{4}$ cup oatmeal
1 cup milk

Lunch

1 tuna sandwich
1 apple
raw vegetables
1 cup milk

Supper

1 chicken breast
1 cup pasta
broccoli
salad
1 cup strawberries
1 cup milk

Morning Snack

1 banana
Stoned Wheat Thins® with
cheese

Afternoon Snack

1 pear
1 homemade muffin

Bedtime Snack

$\frac{1}{2}$ –1 sandwich
 $\frac{3}{4}$ cup yogurt

Other Snack Ideas

1 medium fruit	1 cup taco chips with cheese and salsa
1 small homemade muffin	3 cups popcorn
raw vegetables	2–3 plain cookies
1 English muffin	cottage cheese with fruit
$\frac{3}{4}$ cup yogurt	1 cup milk
1–2 toast with peanut butter	1 plain granola or cereal bar
$\frac{3}{4}$ cup cereal with milk	nuts/dried fruit “trail mix”
$\frac{1}{2}$ –1 sandwich	$\frac{1}{2}$ pita bread with hummus
4–6 crackers and cheese	small serving of leftovers

Notes:

This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.