

Healthy eating guide

for women with gestational diabetes

VEGETABLES
Eat freely

CARBOHYDRATE
Eat regularly

**HIGH
SUGAR FOODS**
Avoid



Daily checklist

- ✓ Eat each of your three main meals around the same time each day
- ✓ Have a small healthy snack between each meal if hungry
- ✓ Avoid processed foods high in sugar and fat
- ✓ Try not to skip meals
- ✓ Listen to your appetite
- ✓ Avoid sugar and sugary food and drinks
- ✓ Eat a small carbohydrate serving at each meal
- ✓ Drink plenty of water
- ✓ Eat plenty of non-starchy vegetables
- ✓ Choose low-fat varieties of food



VEGETABLES

Eat freely

Vegetables

Add raw or cooked vegetables to most meals and snacks.

Eat plenty of: Asparagus, broccoli, brussel sprouts, butter beans, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green beans, leeks, lettuce, marrow, mixed vegetables, mushrooms, onion, parsley, peas, peppers, puha, pumpkin, radish, silverbeet, snow peas, spinach, spring onion, swede, taro leaves, tomato, watercress, zucchini

Add flavour with: Herbs and spices, mustard, garlic

HEALTHY SNACK IDEAS:

Pottle lite yoghurt

4 small wholegrain crackers with sliced tomato/cottage cheese/avocado

1 serve of fruit

1 glass low fat milk

1 slice fruit bread with margarine

2 rice wafers with cottage cheese

2 cups plain popcorn

Vegetable sticks with lite cream cheese or cottage cheese

2-3 tablespoons nuts and dried fruit

WHAT TO DRINK?

Water, clear soups, diet/zero soft drinks – sweetened with Nutrasweet/Splenda/Stevia

Tea/Coffee – small amounts

CARBOHYDRATE

Eat regularly

Carbohydrates

Have a small amount of high fibre carbohydrate foods at each meal. This will help to balance out your blood glucose levels.

Bold type indicates low glycaemic index (GI) 'slowly digested' carbohydrates (good choices).

Try to have one low GI food at each meal, this will lower the overall GI for the meal.

Bread – preferably dense wholegrain, fruit breads and crackers

Grains – basmati, doongara, Uncle Ben's parboiled rice, pasta, noodles, vermicelli, quinoa, dried beans, baked beans, split peas, lentils

Starchy vegetables – corn, yam, taro, green banana, kumara, potato, parsnip, breadfruit, tapioca

Breakfast cereals – high fibre, low sugar rolled oats, All-Bran, Special K, Weet-Bix

Fruit – three or four throughout the day – raw, stewed or canned without sugar

PROTEIN FOODS

Low fat dairy

Choose at least three servings daily. Reduced fat milk or soy milk.

Low fat, unsweetened or 'diet' lite yoghurt.

Low fat cheese, 'lite' slices or cottage cheese.

Meat/meat alternatives

Choose at least two palm size servings daily.

Freshly cooked meat with fat cut off, chicken without skin, fish including canned fish in water.

Eggs, dried beans, lentils and peas.

HIGH SUGAR FOODS

Avoid

Sugar – all types

Honey, marmalade, jam, golden syrup, treacle, brown sugar, raw sugar

Lollies, chocolate, carob

Cakes, sweet biscuits, muesli bars, roll-ups

Puddings, sweet desserts, ice-cream, jelly, condensed milk

Sugary drinks

Fruit juice, milkshakes, sweetened tea, flavoured milk, flavoured mineral water, cordials, fizzy drinks, sports drinks, powdered drinks, energy drinks

HEALTHY FATS

Avocado

Nuts – dry roasted

Peanut butter

Margarine

Vegetable oil: canola, olive, peanut, soya

FATTY FOODS – limit

fried foods, chips, batter, high fat takeaways.

Fatty meats: brisket, bacon, salami, mutton flaps, sausages, luncheon sausage, saveloys, sausage rolls, pies, pastries.

Chippies: twisties, potato, cheezels, corn chips.

High fat dairy: cream, coconut cream, cheddar cheese, cream cheese, mayonnaise, salad dressing.

Fat: dripping, lard, butter, ghee, kremelta, chefade