Healthy eating guide for women with gestational diabetes

**VEGETABLES**
*Eat freely*

**CARBOHYDRATE**
*Eat regularly*

**HIGH SUGAR FOODS**
*Avoid*

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**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, puiha, pumpkin, radish, silverbeet, snow peas, spinach, spring onion, swede, taro leaves, tomato, watercress, zucchini

Add flavour with: Herbs and spices, mustard, garlic

CARBOHYDRATES
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 soya 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 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

Acknowledgements: Adapted with permission. Originally created by Kirsten Crawford, Hawke’s Bay DHB Diabetes Service.