

NUTRITION CONSIDERATION FOR GESTATIONAL DIABETES

GESTATIONAL DIABETES IS ONE OF THE FOUR COMMON TYPES OF DIABETES. IT OCCURS DURING PREGNANCY AND GOES AWAY, FOR MOST, AFTER THE BABY IS BORN. BELOW YOU WILL FIND FOODS YOU SHOULD AVOID AND FOODS YOU SHOULD BE EATING.



Grains

- Almost any ready-to-eat cereals, low fiber cereals (less than 2g of fiber)
- Packaged baked goods
- Snack crackers and bread made w/ refined ingredients (like white flour)



Fruits



Added Sugars

- Energy Drinks
- Soft Drinks
- Cookies
- Fruit Juices

Dairy

- Unpasteurized cheese



Whole grains



Protein

- Seafood with high mercury

Vegetables

- Fried Vegetables or sprouts



Fiber



Oils & Fats

- Fried Vegetables or sprouts



Vegetables

REMEMBER!

IT IS IMPORTANT TO REMEMBER THAT YOU DO NOT HAVE TO ENTIRELY REMOVE THESE FOODS FROM YOUR LIFE BUT RATHER CAN STILL HAVE A LITTLE BIT OF EVERYTHING WITH MODERATION. ALWAYS CONSULT WITH YOUR DOCTOR BEFORE MAKING ANY CHANGES.