

MY PLATE FOR GESTATIONAL DIABETES

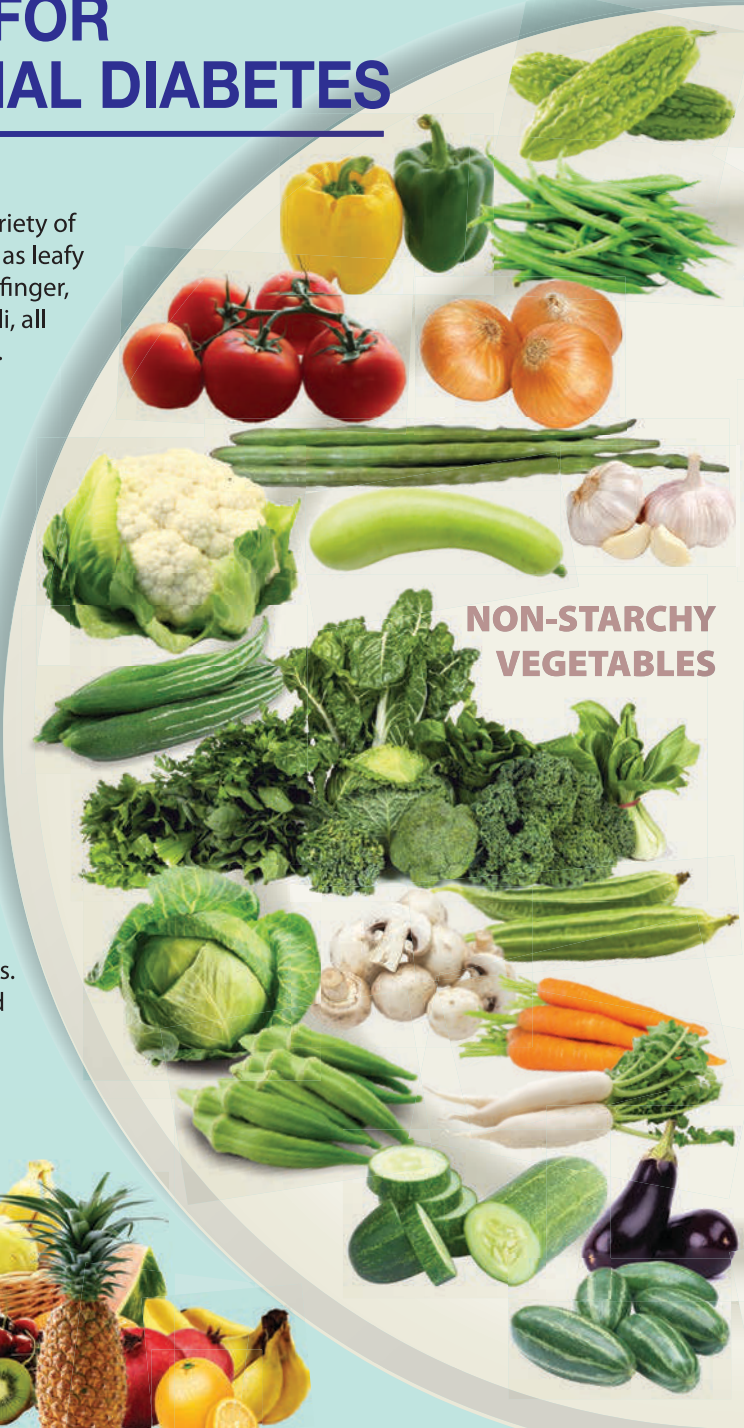
Choose large portions of a variety of non-starchy vegetables, such as leafy greens, carrots, brinjal, ladies finger, peppers, mushrooms, broccoli, all types of gourds and cabbage.

Choose small amounts of healthy oils (safflower, sunflower, groundnut, corn, gingelly, olive, mustard oil) for cooking or to flavour foods. Use in moderation.

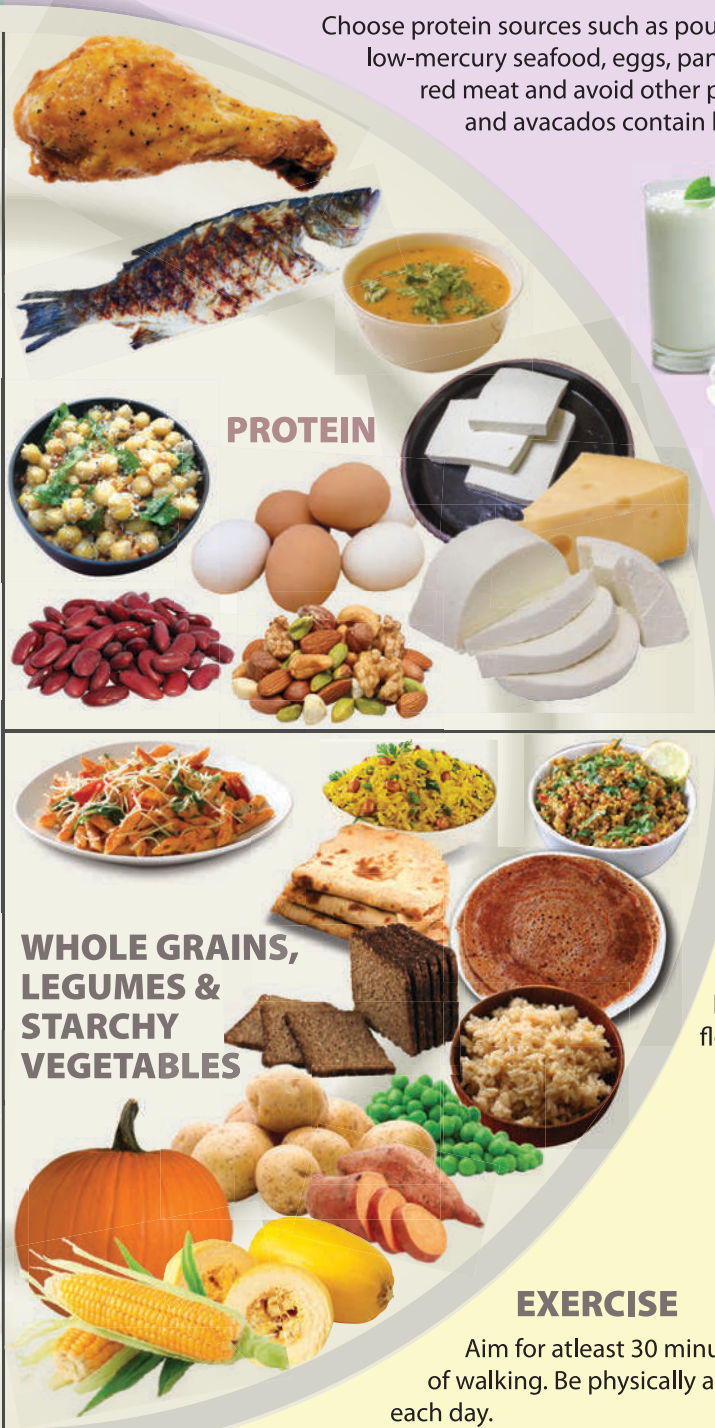


FRUITS

Choose a variety of fresh fruits. Fruits are great for snacks and desserts too. Avoid canned fruit/ fruit juices.



NON-STARCHY VEGETABLES



PROTEIN

Choose protein sources such as poultry, dhals, beans, nuts, low-mercury seafood, eggs, paneer or low-fat cheese. Limit red meat and avoid other processed meats. Nuts, seeds and avacados contain healthy fats.



Drink plenty of water. Thin buttermilk, vegetable clear soups, tea or coffee without sugar can be consumed.



Choose 3 servings of low fat / skimmed milk or yogurt.



WHOLE GRAINS, LEGUMES & STARCHY VEGETABLES

Choose whole grains like millets, oats, brown rice or basmati or low glycemic index rice, quinoa and other healthy starches. Limit or avoid consumption of white bread, white rice and refined flours.

EXERCISE

Aim for atleast 30 minutes of walking. Be physically active each day.



VEGETABLES

- Eat fresh vegetables daily
- Avoid canned vegetables
- Eat green leafy and non starchy vegetables
- 1 serving of vegetables has 5 gms of carbohydrates
- Eat 6 servings of vegetables daily
- One serving:
 - ½ cup of cooked vegetables
 - 1 cup of raw vegetables

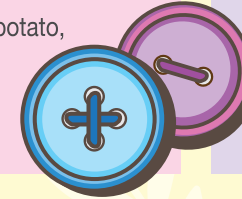


PROTEIN

- Include a variety of dhals, fish, chicken, turkey, cheese, egg, soya (tofu). But limit the use to recommended amounts only.
- Eat 6 servings of protein daily
- One serving:
 - ½ ounce of nuts (1 tablespoonful)
 - 1/4 cup tofu
 - 1 ounce of fish, chicken, cheese (30 gms)
 - ¼ cup of cooked dhals/ beans
 - 1 tablespoonful of peanut butter

CARBOHYDRATES (GRAINS)

- Use whole grains (not processed or powdered)
- Include millets and multigrain foods
- Starchy vegetables are considered as grains
- Include 7 servings of grains in your diet
- 1 serving:
 - 1 slice of bread
 - 1/3 cup cooked rice
 - ½ cup of cooked peas, potato, yam, cooked beans
 - 1 small roti
 - 1 idli



FRUITS

- Eat a variety of fruits of all colors
- Avoid fruit juices, dried fruit and milk shakes with fruit
- 1 serving = 15 gms of carbohydrate
- Eat 2 servings of fruit daily
- 1 fruit exchange:
 - 1 small apple
 - 1 cup watermelon
 - ½ small banana
 - 1 small orange
 - 1 guava



DAIRY

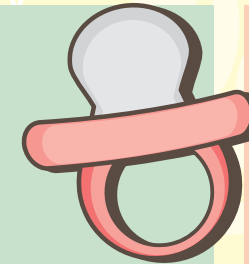
- Pregnant women need 3 servings of dairy daily and in very young women (teenagers) 4 servings of dairy.
- Please choose low fat dairy.
- One serving:
 - ¾ th cup yogurt
 - 1 cup low fat milk
 - 1 cup of soy milk
 - 1 cup of buttermilk

FATS

- Use only healthy oils like peanut oil, corn oil, canola oil, sunflower oil, safflower oil, olive oil, or gingelly oil (sesame oil)
- Avoid lard, butter, coconut and palm oil, trans fats.
- Try not to use more than 6 teaspoonful of oil / day.

HEALTHY SNACKS

- Fruits
- Nuts
- Clear soups
- Boiled egg
- Unbuttered popcorn
- Sundal (cooked chana, dhals, sprouted beans)
- Fat free or low fat milk, buttermilk, yogurt



GENERAL GUIDLINES

- Eat 5-6 small meals / day. 3 meals and 2-3 snacks.
- Drink plenty of fluids (water, skim milk, skim buttermilk, vegetable clear soup, coffee, tea)
- Do not smoke or drink alcohol
- Limit carbohydrates at breakfast and increase gradually through the day.
- Avoid fruit during breakfast.
- Include 3 servings of dairy and 6 servings of vegetables daily.
- Being physically active throughout the day helps glucose control

