



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: GESTATIONAL DIABETES DIET
Order As: ADAGES

GOALS OF DIETARY MANAGEMENT:

1. To assist with blood glucose normalization.
2. To prevent ketonuria.
3. To provide sufficient calories for appropriate weight gain of pregnancy.
4. To provide adequate nutrition for pregnancy for both mother and baby.

DIET PRINCIPLES:

- 1) Three meals with three snacks
- 2) These six feedings should be spaced approximately every 2 - 3 hours apart.
- 3) The overall carbohydrate goal to prevent ketonuria and to prevent postprandial hyperglycemia is generally 40 - 45% of total calories.
- 4) In general: 30 grams of carbohydrate at breakfast 45 - 60 grams of carbohydrate at lunch and dinner the amount of carbohydrate at snacks depends on calorie needs and rarely is more than 30 - 45 grams/snack.
- 5) Fruit and milk are generally not given as part of the breakfast meal, as they often cause post breakfast hyperglycemia.

ADEQUACY:

This diet should reflect the same principles as general nutrition for pregnancy.

DIETARY GUIDELINES:

FOODS RECOMMENDED

Non Fat/Low Fat Milk
Non Fat/Low Fat Yogurt
(Sugar Free)
Fresh Vegetables /Fruits
Unsweetened
Whole Grain Breads/Crackers
Rice, Pasta, Tortillas
Cooked Cereals
Meat, Poultry, Seafood, Eggs

FOODS NOT RECOMMENDED

Sugar, Honey, Syrup, Molasses
(or foods made with these ingredients listed as
one of the first four ingredients)
Fruit Juices/Fruit Drinks

Refined Cereals
Instant Hot Cereal with sugar added
Processed Foods
(i.e. Instant Potatoes)

Cheese, Peanut Butter
 Usage of fats and oils, adjusted
 for calorie needs
 Low Sugar Cereals

DIET PATTERNS FOR CALORIE LEVELS

Food Group	1200	1500	1800	2000	2200	2500
Starches	5	7	9	10	11	13
Protein	5	5	6	7	8	9
Vegetables	2	2	2	2	2	2
Fruit	3	3	4	4	4	5
Milk	2	2	2	2	2	3
Fat	3	5	6	7	8	9

Free foods barring any other dietary restriction include the following:

Raw vegetables such as cabbage, celery, cucumber, green onion, mushrooms, radishes, zucchini, salad greens, coffee, tea, mustard, taco sauce, vinegar, sugar substitute, sugar and calorie free items such as diet gelatin, catsup (1 tbsp.), sugar-free jam/jelly (2 tsp.)

*bouillon; broth without fat but must be restricted if sodium controlled or use salt-free product

Foods are divided into groups/exchanges to prevent large increases in blood glucose.

MEAL PATTERN

SAMPLE MENU

	<u>Breakfast 7:00 a.m.</u>	
2 starch servings		2 slices whole wheat toast
1 protein serving		1 poached egg
1 fat serving		1 tsp margarine
	<u>Snack 9:30 a.m.</u>	
1 milk serving		1 cup milk
1 starch serving		6 whole wheat crackers
	<u>Lunch 12:00 Noon</u>	
1 milk serving		1 cup milk
2 protein servings		2 oz sliced turkey
2 starch servings		2 slices wheat bread
1 vegetable serving		1 slice tomato
1 fat serving		1 tsp mayonnaise

Snack 3:00 p.m.

1 starch serving
1 protein serving
1 fruit serving
1 fat serving

1 slice bread, whole wheat
1 oz cheese
1 medium orange
1 tsp mayonnaise

Dinner 6:00 p.m.

1 milk serving
3 protein servings
2 starch servings
1 vegetable serving
1 fruit serving
2 fat servings

1 cup milk
3 oz baked chicken
1 cup potatoes
1 cup cooked broccoli
15 grapes
2 tsp margarine

Snack 9:00 p.m.

2 starch servings
2 protein servings
1 fat serving

2 slices bread
2 oz ham
1 tsp mayonnaise