

# Healthy Eating for Diabetes During Pregnancy

- ▶ Eat three small meals and three snacks daily. Have your meals a minimum of 4 to 6 hours apart and take snacks mid-morning, mid-afternoon, and just before bedtime. Use the sample day of meals and snacks on the back of this page as a guide.
- ▶ Avoid sugar and other sweet foods such as honey, jam, jellies, sweet baked products, candies, chocolate, regular soft drinks and fruit juice.
- ▶ Follow the healthy eating guidelines for pregnancy:
  - Enjoy a variety of foods from the four food groups every day.
  - Choose whole grain and enriched breads and cereals, dark green and orange vegetables, and orange fruit more often.
  - Have 2 to 3 servings of milk products daily. Examples of one serving are 1 cup milk,  $\frac{3}{4}$  cup yogurt, or 1½ ounces cheese.
  - Have 2 to 3 servings of meat, poultry, fish or alternatives daily.
  - Drink 8-12 cups of fluids such as water or milk daily.
  - Drink a maximum of 2 cups of coffee or 4 cups of strong tea daily.
  - Avoid alcohol.
- ▶ Do some light activity, such as walking, immediately after each meal (with your doctor's approval).

**NOTE:** These are general guidelines only. Nutrition counselling by a registered Dietitian is recommended. If you want to know more, call 604-875-2211.

## HEALTHY EATING - Sample Day

### BREAKFAST – 8:00 am

egg, cheese or peanut butter  
2 slices of whole wheat toast  
1 cup milk

### MID-MORNING SNACK – 10:30 am

*Choose one or two of these snacks.*

*Avoid having 2 pieces of fruit or 2 cups of milk at the same snack*

fresh fruit  
1 cup milk  
2 arrowroot or digestive biscuits  
1 slice toast and peanut butter or ½ sandwich  
cheese and 6 small or 3 large crackers

### LUNCH – 1:00 pm

*Use Dinner meal as a guide, if you prefer a hot meal.*

Sandwich on whole wheat bread  
green salad  
1 cup milk  
small fresh fruit

### MID-AFTERNOON SNACK – 3:30 pm

*Select one or two items from mid-morning snack.*

*Avoid having 2 pieces of fruit or 2 cups of milk at the same snack*

### DINNER – 6:00 pm

meat, fish, chicken, tofu, or cheese, beans or lentils  
1 medium potato, or 1 cup cooked rice, noodles  
raw or cooked vegetables  
1 cup milk  
small fresh fruit

### BED-TIME SNACK – 9:30 pm

*Choose one of these snacks:*

1 cup milk  
½ to 1 sandwich

or 1 cup milk  
cheese and 6 to 12 small or  
3 to 6 large crackers

or 1 cup milk  
½ to 1 cup cereal  
(Branflakes, Shredded Wheat,  
Cheerios, plain oatmeal)

*Margarine, butter, salad dressing, gravy or cooking oil may be used in moderate amounts with meals or snacks.*