#### # 1 Serving = 15 grams of LARBS \*CARBOHYDRATES Meaus: 30-459 Daily Food Pyramid for Gestational Diabetes SNACK: 15-309 Talk to a digitism about how these WATCH OUT! 1 top oil Fats. foods may affect your blood sugar: table sugar, honey, molasses, candy, 1/8 slice of avocado 3 or more servines jams, jelly, cakes, pies, donuts cookies, regular sodas, Kool-Aid @ , and fruit 1 Then life margarine inice flavored drinks 6 almonds or 2 whole walnuts \* MIX (CARPS) "LIGHT" Protein/Meat 7 or more ounces spread out through free milks 3 to 4 servings (4 for teems) Tip: Drink only 8 fluid ounces of milk at one 1 Thep Peanut butter counts the same 1 0000 time. You may need to avoid milk at as I oz. of meat pringwell, becalcfast. NO RESPON 1 on chosen, mest, fish, added. positivy or 1 egg. \* Fruit (CARIS) 5 small fruit. Vegetables 2 or more servings 4 or more servings 2 small plane Tip: Eat 1 serving at a time; avoid fruit juice; omit fruit 1 1/4 cup strawberries 1 cup raw vegetables from breakfast meal. 1/2 cup cooked vegetables 1 спр рарами 6 to 8 grapes Starch/Bread (LAPLIS) Cold brook float. 1/2 out cooked non-linetant persel cereals, instant scups, 6 saltino cruckers instant rion, instant. 7 or more servings poodles, instant. potatoes, and other processed

1 allee whole grain broad ,or 1 small tortills.

or 1/3 oup cooked rice or pasta.

The minimum servings recommended above most the nutrient requirements for pregnancy but may not most your individual energy needs. Talk to your dictitian about how many servings you will need.

1/2 cup cooked beans, com, or pean



foods many raise your blood.

BURNE.

1 sensell potato

Tip:

Large servings can.

raise blood sugar

too much.

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