

# GESTATIONAL DIABETES FOOD LIST

## MORE

### NON-STARCHY VEGETABLES

- Leafy greens
- Faba
- Broccoli
- Brussels sprouts
- Tomatoes
- Cucumber
- Green beans
- Cauliflower
- Zucchini



### LOW-GI FRUITS

- Apple
- Banana
- Pear
- Citrus fruit
- Kiwi
- Grapefruit
- Cherry
- Plum
- Orange
- Peach



### LEAN PROTEINS

- Sufficiently cooked:
- Skinless poultry
- Lean cuts of beef or pork
- Egg
- Fish (low in mercury, eg salmon)
- Tofu & tempeh
- Legumes



### WHOLE GRAINS

- Quinoa
- Brown rice
- Wild rice
- Barley
- Oats
- Whole grain pasta
- Whole wheat
- Bran
- Bulgur
- Millet



### LOW-FAT DAIRY

- Fortified dairy
- Skim milk
- Low-fat yogurt
- Greek yogurt
- Tofu
- Fat-free sour cream
- Low-fat buttermilk
- Almond milk (unsweetened)
- Low-fat cheese



### HEALTHY FATS

- Olive oil
- Canola oil
- Nuts (walnuts, pecan, almonds etc)
- Seeds (flaxseed etc)
- Fatty fish (salmon, tuna, mackerel)
- Omega-3 eggs
- Avocado



### UNSWEETENED SNACKS

## LIMIT

### STARCHY VEGETABLES



- Potatoes
- Beans
- Corn
- Corn
- Peas
- Sweet potatoes
- Winter squash
- Yam
- Parsnips
- Turnips

### HIGH-GI FRUITS



- Watermelon
- Pineapple
- Mango
- Dates
- Ripe bananas
- Cantaloupe
- Lychee
- Papaya
- Kiwifruit
- Dried apricots

### TRANS/SATURATED FATS



- Margarine
- Shortening
- Fast foods
- Full-fat dairy
- Butter
- Fatty cuts of beef and pork
- Processed foods
- Coconut oil
- Palm oil

### REFINED GRAINS



- White bread
- White rice
- White flour
- Corn flakes
- White tarts

### SUGARY FOODS



- Candy
- Chocolate
- Ice cream
- Pastries
- Cookies

### BEVERAGES



- Alcohol
- Regular soda
- Fruit juices with added sugar
- Energy drinks
- Sweetened dairy
- High-fat dairy
- Packaged drinks
- Flavored coffee

### SWEETENED CONDIMENTS

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## **Table of Contents Gestational Diabetes Food Guide**

1. Understanding the eBook Gestational Diabetes Food Guide
  - The Rise of Digital Reading Gestational Diabetes Food Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Gestational Diabetes Food Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gestational Diabetes Food Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gestational Diabetes Food Guide
  - Personalized Recommendations
  - Gestational Diabetes Food Guide User Reviews and Ratings
  - Gestational Diabetes Food Guide and Bestseller Lists
5. Accessing Gestational Diabetes Food Guide Free and Paid eBooks

- Gestational Diabetes Food Guide Public Domain eBooks
- Gestational Diabetes Food Guide eBook Subscription Services
- Gestational Diabetes Food Guide Budget-Friendly Options
- 6. Navigating Gestational Diabetes Food Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Gestational Diabetes Food Guide Compatibility with Devices
  - Gestational Diabetes Food Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gestational Diabetes Food Guide
  - Highlighting and Note-Taking Gestational Diabetes Food Guide
  - Interactive Elements Gestational Diabetes Food Guide
- 8. Staying Engaged with Gestational Diabetes Food Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gestational Diabetes Food Guide
- 9. Balancing eBooks and Physical Books Gestational Diabetes Food Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gestational Diabetes Food Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Gestational Diabetes Food Guide
  - Setting Reading Goals Gestational Diabetes Food Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Gestational Diabetes Food Guide
  - Fact-Checking eBook Content of Gestational Diabetes Food Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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