# GESTATIONAL **DIABETES** FOOD LIST



### NON-STARCHY VEGETABLES

- \* Lepty greater.
- a Body
- A Brooppile Browners Spiritually.
- n September Culturalism
- r. Gosso beams Couldboom \* Landberg



### LOW-GI FRUITS

- \* Applie \* Description
- a Peer
- Commission e Great
- Change hult
   Change r. Physics

memory, eq.



### LEAN PROTEINS

- Sufficiently pooled\*. Fish Dov. in. · Skelen poultry
  - Same outside beef or pork . John & fempels
    - \* Lagores

### WHOLE GRAINS

- \* Chimne,
- Britain most A. Wild room.
- \* Bushay.
- Pôbole grain pasta. Whole whap
- bread : Belgar



### LOW-FAT DAIRY

- Festivated dary . Fut feet your cream
- A TAXABLE PARTY.

- \* Low-bit butternile
- Low-fiel yegsett 

  Almond mile Greet project: [unavastropost]
- Case hat change

### HEALTHY FATS

- · Other oil A. Conola off.
- \* Nurs brookers. pietoschion. abnords shell . Assessed
- Speck (Versioned etc.) w. Fuptry Bish Duplingst.
  - Naval, marchanell Omego-5 eggs



## 

### STARCHY VEGETABLES



- Potentials \* Beets
- a Cometa · Com
- Swetert prototoes Worker squares
  - A. Taren \* Personal a Tuesday

### HIGH-GI FRUITS



- Visitantelion Presentate
- \* Manga \* Darties
- Dips bordenis.
- Contoloupe Sychoe
   Popoya
- \* Business A Drived operands

### TRANS/SATURATED FATS



- Mangazine · Sharmong
- Food foods. Full-feet deary. · Butter
- · Forty outs of heat and pod: \* Processed South
- Coconst of
   From all

### REFINED GRAINS



- White bread! a White their Yellotta Sonat
- Open Solvey. a White torth

### SUGARY FOODS



- Consists a Chocolete \* Non-stream
- · Professor a Candida.

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### BEVERAGES

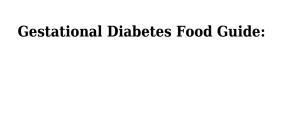


- Algohol.
- Require sodio · Fruit papers. with bilded Budgeton.
- Leungy strette, · Swednesd days
- High-feet doory Pockaged droks
- · Flowood coffee

### UNSWEETENED SNACKS SWEETENED CONDIMENTS

# **Gestational Diabetes Food Guide**

Alyce M. Thomas, Yolanda Monroy Gutierrez



### Gestational Diabetes Food Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Gestational Diabetes Food Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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