

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, pecans, 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
- Raisins
- 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 tinned

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

Digital Download

Gestational Diabetes Food Guide

**Alyce M. Thomas, Yolanda Monroy
Gutierrez**



Gestational Diabetes Food Guide:

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 become 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 into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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