

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
- 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 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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Gestational Diabetes Food Guide

Patrick Vollmar



Gestational Diabetes Food Guide:

The Enigmatic Realm of **Gestational Diabetes Food Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Gestational Diabetes Food Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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