

* CARBOHYDRATES

* 1 SERVING = 15 GRAMS OF CARBS

Daily Food Pyramid for Gestational Diabetes

MEALS: 30-45g
SNACK: 15-30g

WATCH OUT!

Talk to a dietitian about how these foods may affect your blood sugar: table sugar, honey, molasses, candy, jams, jelly, cakes, pies, donuts, cookies, regular sodas, Kool-Aid®, and fruit juice flavored drinks

* MILK (CARBS) "LIGHT"

3 to 4 servings (4 for teens)

Tip: Drink only 8 fluid ounces of milk at one time. You may need to avoid milk at breakfast.

* Fruit (CARBS)

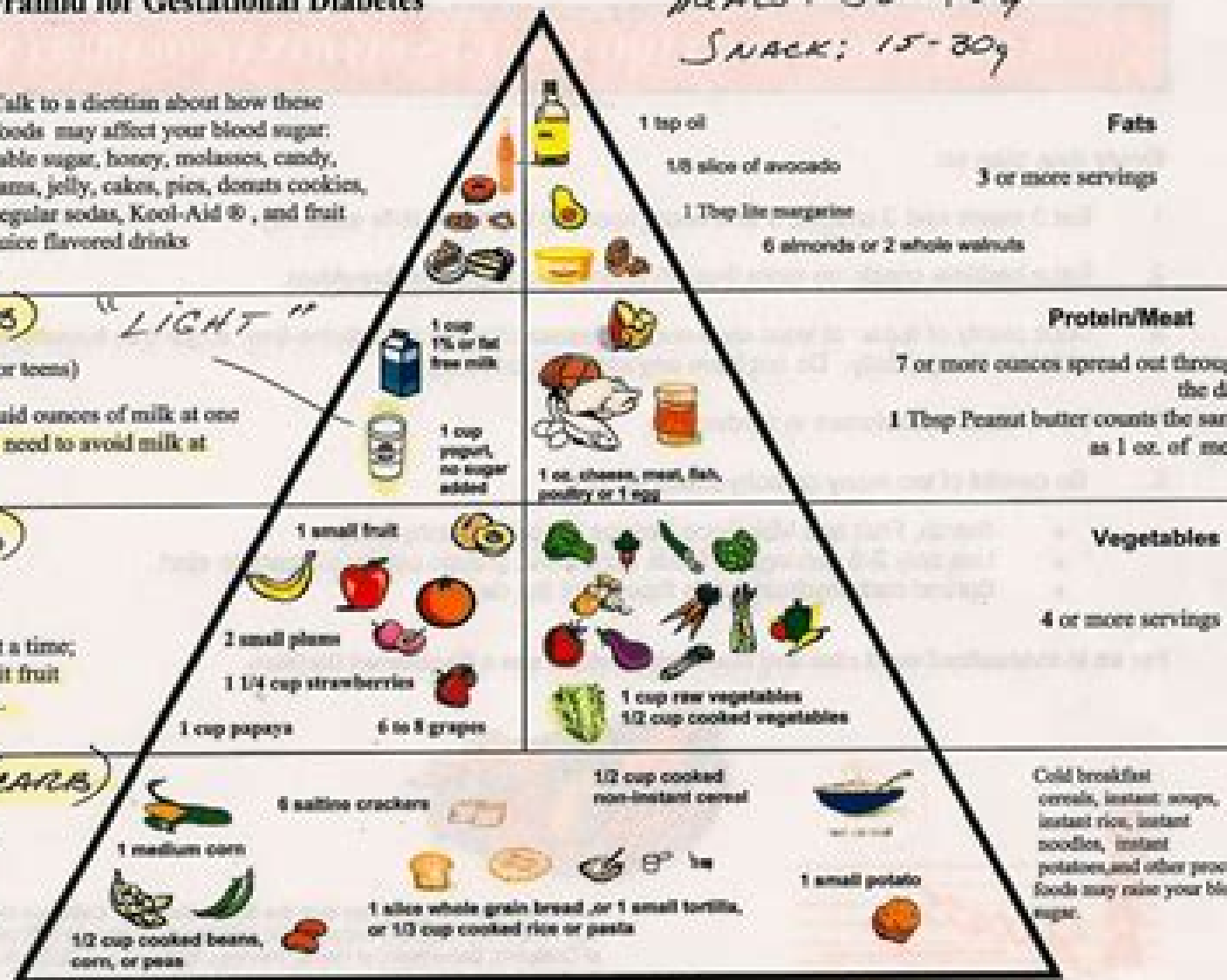
2 or more servings

Tip: Eat 1 serving at a time; avoid fruit juice; omit fruit from breakfast meal.

* Starch/Bread (CARBS)

7 or more servings

Tip: Large servings can raise blood sugar too much.



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

Gestational Diabetes Food Guide Pyramid

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Table of Contents Gestational Diabetes Food Guide Pyramid

1. Understanding the eBook Gestational Diabetes Food Guide Pyramid
 - The Rise of Digital Reading Gestational Diabetes Food Guide Pyramid
 - Advantages of eBooks Over Traditional Books
2. Identifying Gestational Diabetes Food Guide Pyramid
 - 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 Pyramid
 - User-Friendly Interface

4. Exploring eBook Recommendations from Gestational Diabetes Food Guide Pyramid
 - Personalized Recommendations
 - Gestational Diabetes Food Guide Pyramid User Reviews and Ratings
 - Gestational Diabetes Food Guide Pyramid and Bestseller Lists
5. Accessing Gestational Diabetes Food Guide Pyramid Free and Paid eBooks
 - Gestational Diabetes Food Guide Pyramid Public Domain eBooks
 - Gestational Diabetes Food Guide Pyramid eBook Subscription Services
 - Gestational Diabetes Food Guide Pyramid Budget-Friendly Options
6. Navigating Gestational Diabetes Food Guide Pyramid eBook Formats
 - ePub, PDF, MOBI, and More
 - Gestational Diabetes Food Guide Pyramid Compatibility with Devices
 - Gestational Diabetes Food Guide Pyramid Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Gestational Diabetes Food Guide Pyramid
 - Highlighting and Note-Taking Gestational Diabetes Food Guide Pyramid
 - Interactive Elements Gestational Diabetes Food Guide Pyramid
8. Staying Engaged with Gestational Diabetes Food Guide Pyramid
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Gestational Diabetes Food Guide Pyramid
9. Balancing eBooks and Physical Books Gestational Diabetes Food Guide Pyramid
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Gestational Diabetes Food Guide Pyramid
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Gestational Diabetes Food Guide Pyramid
 - Setting Reading Goals Gestational Diabetes Food Guide Pyramid
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Gestational Diabetes Food Guide Pyramid
 - Fact-Checking eBook Content of Gestational Diabetes Food Guide Pyramid
 - 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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