

Gestational Diabetes

FOOD LIST

Protein Foods

- Lean ground beef
- Lean ground turkey
- Lean beef or pork steaks
- Boneless, skinless chicken breasts
- Frozen turkey breast (NOT DELI TURKEY!)
- Rotisserie chicken
- Shrimp (stay within weekly limits for fish)
- Salmon (stay within weekly limits for fish)
- Canned light tuna, packed in water (stay within weekly limits for fish)
- Eggs (or egg substitutes)
- Cottage cheese
- Greek yogurt (choose lower sugar varieties)
- Lowfat cheeses (make sure everything is pasteurized)
- Hummus*
- Tofu
- Lentils*
- Peanut butter (or other nut butters)
- Beans*
- Veggie burgers*

Grains & Starchy Vegetables*

- Whole wheat bread
- Whole wheat pasta
- Whole wheat crackers
- Quinoa
- Brown rice
- Graham crackers
- Pretzels
- Potatoes
- Corn on the cob
- Peas, green
- Winter squash (acorn, butternut)

Fats

- Avocados
- Nuts
- Peanut butter (or other nut butters)
- Olive oil
- Canola oil
- Coconut oil

Non-Starchy Vegetables

- Artichokes (or artichoke hearts)
- Asparagus
- Beans (green)
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Squash (zucchini, summer)
- Tomatoes
- Water chestnuts

Fruits*

- Apple
- Applesauce (unsweetened)
- Banana
- Berries (blackberries, blueberries, raspberries, and strawberries)
- Cantaloupe
- Cherries
- Grapes
- Kiwi
- Nectarine
- Orange
- Peach
- Pear
- Pineapple
- Watermelon

Dairy*

- Milk (preferably skim/nonfat or alternative milks)
- Yogurt (choose lower sugar varieties)
- Lowfat cheeses (make sure everything is pasteurized)

* These foods/food groups count as carbohydrate servings in a gestational diabetes carb counting diet.

Gestational Diabetes Food Guide

Ian Pickup



Gestational Diabetes Food Guide

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