

Your Health Education

Diabetes in Pregnancy - Food Guidelines

Carbohydrate Choices

A carbohydrate (“carb”) choice is a serving of food or drink that has about **15 grams** of carb, with various amounts of fat and protein.

Grains/Beans/Starchy Vegetables	Carb Choices	Carb Grams
Bagel, large (most bagel shops), 4-5"	4-5	60-75
Beans, baked, 1/3 cup	1	16
Beans, (black, garbanzo, pinto, red), cooked, 1/2 cup	1	13-18
Bread, whole-wheat or white, 1 slice or 1 small roll (1 oz.)	1	14
Bun, hamburger or hot dog, 1 bun	1½	21
Cereal, cooked, unsweetened, 1/2 cup	1	13-19
Cereal, dry, unsweetened, 3/4 cup (flakes or “O”s)	1-1½	15-22
Corn or green peas, 1/2 cup	1	11-20
Couscous or quinoa, cooked, 1/2 cup	1-1½	18-23
French fries, regular cut, frozen, 10-12 fries	1	14-17
Hummus, 1/2 cup, lentils or dal, cooked, 1/2 cup	1	15-20
Muffin, small, 2¾" (1½ - 2 oz.)	1½-2	23-30
Pancake or waffle, 4"	1	15-20
Pasta (macaroni, noodles, spaghetti), cooked, 1 cup	3	42
Plantain, cooked, 1/2 cup	1	16
Potato, sweet or white, baked or boiled, 4" (6 oz.)	2-2½	30-36
Potato, sweet or white, mashed, 1/2 cup	1	15-20
Rice, brown or white, cooked, 1 cup	3	45
Roti or chapatti, 6", or pita, half of 6"	1	11-20
Squash, acorn or butternut, cooked, 1 cup	1	18
Tortilla, 2 corn or 1 flour, 6"	1-1½	18-22

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Milk/Yogurt	Carb Choices	Carb Grams
Milk, skim or 1%, 2%, whole, 1 cup (8 oz.)	1	12
Milk, almond unsweetened, vanilla or plain, 1 cup (8 oz.)	1	14-16
Milk, coconut, 1 cup (8 oz.)	½	7
Rice beverage, 1 cup (8 oz.)	1½-2	22-34
Soy milk, plain or flavored, 1 cup (8 oz.)	½-1½	8-24
Yogurt, artificially sweetened or plain, ¾-1 cup (6-8 oz.)	1	13-19
Yogurt, sweetened, ¾ cup (6 oz.)	2-2½	29-36
Fruits/Fruit Juices	Carb Choices	Carb Grams
Berries (blueberries, raspberries, strawberries), 1 cup	1	11-20
Cherries, 12 (1 cup)	1	16
Fruit, canned, in light syrup or juice, ½ cup	1	18-20
Fruit, 1 large (apple, banana, pear)	2	27-31
Fruit, 1 medium (kiwi, orange, peach, tangerine)	1	11-15
Fruit, 2 small (clementine, plum)	1	15-18
Grapefruit, ½ large	1	11-13
Grapes, small, 17 (½ cup)	1	15
Juice (apple, grapefruit, orange, pineapple), ½ cup	1	11-16
Juice (cranberry, grape, prune), 1/3 cup	1	11-15
Mango, ½ cup	1	13
Melon (cantaloupe, honeydew, papaya, watermelon), 1 cup	1	12-15
Pineapple, raw, ¾ cup	1	16
Pomegranate seeds, raw, ½ cup	1	16
Raisins, cran-raisins, other dried fruit, ¼ cup		2

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Vegetables (Aim for three or more servings a day)

Each serving has about 5 grams of carbohydrate, 2 grams of protein and 25 calories.

One serving = ½ cup cooked or 1 cup raw. Three servings at one meal or snack equal 1 carbohydrate choice.

Artichokes	Carrots	Lettuce	Sauerkraut
Asparagus	Cauliflower	Mushrooms	Spinach
Beans (green, Italian, wax)	Celery	Okra	Tomatoes
Beets	Cucumbers	Onions	Tomato/vegetable juice
Broccoli	Eggplant	Pea pods	Turnips
Brussels sprouts	Greens	Peppers	Zucchini
Cabbage	Kohlrabi	Radishes	

Meat and Other Protein Foods

Each ounce has about 7 grams of protein, 3-8 grams of fat, very little or no carbohydrate and 50-100 calories. A suggested serving of meat, fish or poultry is 3 ounces – about the size of your palm. Choose lean meats and trim visible fat. Bake, boil, broil, roast or grill meat, fish and poultry.

Beef, fat trimmed	Lamb roast, chop or leg
Chicken, no skin	Pork roast or chop, fat trimmed
Fish or seafood, not fried**	Pork sausage or ribs
Goat	Turkey, no skin
Ground beef, lean or extra-lean	Turkey breast, ground
Ham	Veal roast or chop, fat trimmed
Hot dog or lunchmeat, regular***	

Other Protein Foods (each is equal to 1 oz. meat)

Cheese, part-skim or reduced-fat, 1 oz.	Peanut butter/nut spread, 2 Tbsp.
Cheese, regular, 1 oz.	Salmon, canned in water, ¼ cup**
Cottage cheese, ¼ cup	Soy or veggie burger, 1 oz. (check label for carb)
Egg, 1	Tofu, ½ cup
Egg substitute, ¼ cup	Tuna, canned in water, ¼ cup**

**See 2017 Guidelines handout for fish and seafood consumption during pregnancy.

***Eat only if reheated until steaming hot (160°F) to kill listeria, a type of bacterium that could harm your baby.

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Fats

Each serving has about 5 grams of fat, little or no carbohydrate or protein and 45 calories.

Unsaturated Fat (healthier)

- Avocado, 1/6 whole or 2 Tbsp., mashed
- Margarine, soft, tub or squeeze, 1 tsp. (reduced-fat, 1 Tbsp.)
- Mayonnaise, 1 tsp. (reduced-fat, 1 Tbsp.)
- Nuts or seeds, 4-6 or 1 Tbsp.
- Oil, 1 tsp.
- Olives, black or green, 10 large or 15 small
- Salad dressing, 1 Tbsp. (reduced-fat, 2 Tbsp.)

Saturated Fat (less healthy)

- Bacon, 1 slice
- Butter or ghee, 1 tsp.
- Coconut oil, 1 tsp.
- Cream, half and half, 2 Tbsp. (heavy, 1 Tbsp.)
- Cream cheese, regular, 1 Tbsp. (light, 2 Tbsp.)
- Gravy, 2 Tbsp.
- Shortening, 1 tsp.
- Sour cream, 2 Tbsp.

Combination Foods	Carb Choices	Carb Grams
Asian entrée (meat and vegetables), no rice, 1 cup	1	11-20
Burrito, frozen, 7"	2½-3½	38-51
Casserole or hot dish, 1 cup	2	30-35
Chili, with meat and beans, 1 cup	2	28
Frozen dinner, fewer than 350 calories, 7-12 oz.	2-3	29-47
Hamburger, fast-food, small	2	28-31
Lasagna, frozen, 3" x 4'	2-2½	26-36
Mixed vegetables with corn, pasta or peas, 1 cup	1	13-20
Pasta or potato salad, ¾ cup	1-2	19-30
Pizza, frozen, thick-crust, medium (1/8 pizza)	2	28-34
Pizza, frozen, thin-crust, medium (1/8 pizza)	1	17
Sauce, tomato or marinara, canned, ½ cup	1	14
Soup, canned, chunky, 1 cup	1-1½	13-25
Soup, canned, not chunky, 1 cup	½-1	7-17
Sub sandwich, 6"	3-3½	44-55
Taco, fast-food, soft shell, chicken & black beans	1	11-20

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Snacks/Sweets	Carb Choices	Carb Grams
Brownie or cake, frosted, 2" square	1½-2	23-29
Candy, hard, 3 pieces	1	15
Candy bar, chocolate, snack size, about 2" (1 oz.)	1	15
Chips, potato or tortilla, regular, 10-15 chips (1 oz.)	1	14-19
Coffee creamer, liquid, flavored, 1 Tbsp.	½	6-7
Cookie, 1 large (3") or 2 small	1	11-15
Cracker, saltine, 7 squares	1	15
Crackers, snack, 5-6, or small (Goldfish®, oyster), ½ cup	1	11-14
Donut, 3" cake or 4" raised	1½-2½	21-33
Frozen yogurt, non-fat or low-fat, ½ cup	1-2	17-35
Gelatin, regular (Jell-O), ½ cup	1	19
Granola bar, 1 bar (1-1½ oz.)	1-2	15-26
Ice cream, light, regular or no sugar added, ½ cup	1	14-19
Jam or jelly, regular, 1 Tbsp.	1	14-15
Popcorn, microwave, popped, light or regular, 3 cups	1	14-20
Pretzels, 1 oz.	1½	23
Sugar, brown or white, or honey, 1 Tbsp.	1	13-17
Syrup, light, 2 Tbsp.	1	13
Syrup, maple, vanilla, fruit, chocolate, caramel, 2 Tbsp.	2	26-30

1 carb choice = 15 grams carb

3 carb choice = 45 grams carb

2 carb choice = 30 grams carb

4 carb choice = 60 grams carb

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Free Foods

Free foods have 5 or fewer grams of carbohydrate and fewer than 20 calories per serving. They have no significant effect on blood glucose levels.

Unlimited	Up to 3 Servings/Day are Free (spread throughout the day)
Beverages, unsweetened or calorie-free*: <ul style="list-style-type: none"> • Decaf coffee, decaf tea (hot or iced) • Drink mixes (diet) • Soft drinks (diet) • Water (plain, flavored or with lemon/lime slice) 	Jam or jelly, light*, 2 tsp. Ketchup, 1 Tbsp. Pickle, dill (watch sodium), 1 medium Popsicle, sugar-free*, 1 stick Raw veggies, non-starchy, ½ cup Salsa, ¼ cup
Broth or bouillon (watch sodium)	Syrup, sugar-free*, 2 Tbsp.
Gelatin, sugar-free	Yogurt*, any type, 2 Tbsp.
Herbs, seasoning, spices	
Salad greens	

*May contain artificial sweeteners. While some artificial sweeteners are considered safe to use during pregnancy, most doctors recommend limiting their use. Talk to your doctor about using artificial sweeteners when you are pregnant.

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Using Food Labels

The best way to know how much carbohydrate and fat are in the food you eat is to look at the Nutrition Facts label on the package.

Serving Size: All of the information on the label is based on this serving size. If you eat double the serving size, the nutrients will be doubled as well.

Total Fat: This gives the total grams of fat in a serving of this food. Choose lower-fat foods, such as:

- Snacks, cereal, dairy products and desserts with 3 or fewer grams of fat per serving
- Meat and cheese with 5 or fewer grams of fat per ounce
- Frozen dinners with 3 or fewer grams of fat per 100 calories

Saturated Fat/Trans Fat: Saturated and trans fat contribute to high blood cholesterol levels.

- Choose food with less than one-fourth of the total fat coming from saturated fat
- Avoid trans fat

Total Carbohydrate: This shows the total grams of carbohydrate in one serving. Total carbohydrate includes all starches, sugars, dietary fiber and sugar alcohols. Use this number to calculate carbohydrate choices. See the conversion guide for help converting carb grams to carb choices.

- **Sugars:** Includes naturally occurring and added sugars.
- **Fiber:** When possible, choose foods with **3 or more grams of fiber**. Fiber helps keep blood sugar more even. If the total fiber is 5 or more grams, you can subtract ½ the grams of fiber from the total carb for the carb count (ADA April, 2013).

Nutrition Facts	
Serving Size 1 bar (36 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 27%	9%
Dietary Fiber 1g	4%
Sugars 9g	
Sugar Alcohol 0g	
Protein 2g	16%
Vitamin A 15%	Vitamin C 2%
Calcium 30%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet	

Conversion Guide	
Total Carbohydrate Grams	Carbohydrate Choices
0-5	0
6-10	½
11-20	1
21-25	1½
26-35	2
36-40	2½
41-50	3
51-55	3½
56-65	4
66-70	4½
71-80	5
81-85	5½
86-95	6
96-100	6½
101-110	7

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Carbohydrate Counting

Carbohydrate (“carb”) counting helps keep blood sugar levels in target. This is crucial because gestational diabetes and the increase of hormones can cause your blood sugar levels to go too high.

- Eat 3 meals and 2-4 snacks each day at regular times. Avoid skipping meals.
- **The Academy of Nutrition and Dietetics’ Care Manual suggests: starting carbohydrate ranges for each meal and snack as:
- 15-30 g at breakfast, 45-60 g at lunch and dinner and 15-30 g for snacks
- You may need to eat less carb at breakfast. Try starting with 2 carb choices, or 30 grams of carb.
- Be sure to include protein foods with all meals and snacks. This will help to keep blood sugars more even.
- Add non-starchy veggies with meals and snacks too. This will add more fiber which also helps to keep blood sugar more even.
- Eat the same amounts of carb at meals and snacks from day to day.

****Nutrition:** A healthy pregnancy depends on healthy food choices. Use the list below as a guide. Be sure to take prenatal vitamins. Do not drink alcohol.

Foods with Carb

Include these foods at each meal:

Fruits	Milk and Yogurt
2-3 servings each day Choose whole fruit instead of juice when possible	3-4 servings each day Look for low-fat or non-fat choices
Grains, beans and starchy vegetables	Sweets
6 or more servings each day Look for whole-grain and high-fiber foods	Keep portions small Count the carbs

Foods with Little or no Carb

Include a variety of these foods each day

Vegetables

- 3 or more servings each day
- Choose a variety of colors and types

Meat, poultry, fish, eggs, cheese and other protein foods

- 5-6 ounces each day
Choose lean meats and low-fat cheeses

Fats

Choose healthier fats. Limit saturated fat. Avoid trans fat.

****These are general guides.** All women and all pregnancies are unique. Please consult with your dietician if you need ideas for meal/snacks to help meet your blood sugar goals and meet your healthy diet needs.

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Healthy Snacks

- ½ cup cottage cheese with 1 cup cubed melon or ½ cup unsweetened canned peaches (no added sugar, water packed). OK to add chopped nuts or seeds.
- 1 cup milk, soy milk with handful of any kind of nuts - not honey roasted
- 1 cup plain Greek yogurt or fruit flavored Greek yogurt with less than 15 grams of total carbohydrate
- 2 Tbsp. low sugar peanut butter, like Simply Jif or Smuckers All Natural, with 4 Triscuit crackers and celery sticks
- 2 oz. of any kind of cheese with 4 Triscuit or whole grain crackers, mix of raw veggies with cup decaf tea (hot or cold)
- 10 tortilla chips (¾ oz.) with melted cheese, ¼ cup salsa, veggies
- ½ pita pocket with melted cheese and tomato slices
- 1-2 hardboiled eggs with pita half or 1 piece toast, veggies
- 1 cup Kashi Go Lean cereal with ½ cup milk
- 1 cheese stick or Babybel round with 4-6 whole grain crackers. Ok to add raw veggie like celery or carrot sticks, pepper, mushroom or broccoli
- 1 whole light multi-grain English muffin with 1-2 Tbsp. nut butter
- 2 Tbsp. raisins and ¼ cup almonds or any desired nut
- ½ large banana or 1 medium apple with 1 Tbsp. peanut butter
- 4 oz. of No sugar added rice pudding and ¼ cup of nuts
- Celery with 1 Tbsp. peanut butter and 2 Tbsp. raisins or dried cranberries
- ½ cup of sugar snap peas and 2 Tbsp. hummus (bean dip)
- ½ cup of tuna or egg salad in ½ of a whole grain pita
- 1 whole grain light English muffin with tomato sauce and 1 oz. mozzarella cheese, baked

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My Healthy Meal Plan for Pregnancy

Breakfast Time: _____

Carbohydrate Choices (or _____ grams of carbohydrate)

Vegetable _____

Protein/meat _____

Fat _____

Morning Snack Time:

Carbohydrate Choices (or _____ grams of carbohydrate)

Lunch Time:

Carbohydrate Choices (or _____ grams of carbohydrate)

Vegetable _____

Protein/meat _____

Fat _____

Afternoon Snack Time:

Carbohydrate Choices (or _____ grams of carbohydrate)

Dinner Time:

Carbohydrate Choices (or _____ grams of carbohydrate)

Vegetable _____

Protein/meat _____

Fat _____

Evening Snack Time:

Carbohydrate Choices (or _____ grams of carbohydrate)

Dietary Reference Intake (DRI) for all pregnant women recommends a minimum of 175 grams of carbohydrate (CHO) which includes 28 grams of dietary fiber and a minimum of 71 grams of protein (PRO).

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Diabetes and Pregnancy Resource & Support List

Government and Professional Associations/Organizations

AADE- American Association of Diabetes Educators
[http:// www.diabeteseducator.org](http://www.diabeteseducator.org)

ACOG - The American College of Obstetricians and Gynecologists
<http://www.acog.org>

ADA - American Diabetes Association
<http://www.diabetes.org>

AND - The Academy of Nutrition and Dietetics
<http://www.eatright.org>

CDC - Centers for Disease Control and Prevention
<http://cdc.gov/diabetes>

CON - College Diabetes Network
<http://www.collegediabetesnetwork.org>

DCAF - Diabetes Community Advocacy Foundation
<http://diabetescaf.org>

IDF - International Diabetes Federation
<http://www.idf.org>

JDRF - Juvenile Diabetes Research Foundation
<http://www.jdrf.org>

NDEP - National Diabetes Education Program
<http://ndep.nih.gov>

NIDDK - National Institute of Diabetes and Digestive and Kidney Diseases
<http://niddk.nih.gov/health-information/health-communication-programs/ndep/am-i-at-risk/gdm/gestational-diabetes-pregnancy/pages/publicationdetail.aspx>

and

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/game-plan>

UPMC - University of Pittsburgh Medical Center
<http://www.upmc.com/patients-visitors/education>

USDA - United States Department of Agriculture
<https://www.nal.usda.gov/fnic/gestational-diabetes>

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Smartphone Apps

Smartphone Apps for Diabetes

<http://www.diabetesforecast.org/2017/mar-apr/diabetes-applications.html>

ADA's "My Food Advisor" (Nutrition Facts, Food Tracking, Meal Planning, Shopping Lists, Recipes, etc.)

<http://tracker.diabetes.org>

AADE's "Goal Tracker" (Nutrition, Activity, Monitoring, Medication, Problem solving, Goals and Community)

<https://www.diabeteseducator.org/patient-resources/diabetes-goal-tracker-app>

Websites

Food Database for Carbohydrate, Protein, Fat, Etc.

<http://www.calorieking.com>

Government Nutrient Database

<https://ndb.nal.usda.gov/ndb/foods/show/4885?manu=&fgcd=&ds=>