

Diabetes and Pregnancy Food Guide



Healthy Food Choices

Proper Portions

Good Timing

Balanced Eating

Table of Contents

How Food Affects Blood Sugar	1
Carbohydrate Servings	2
My Meal Plan	3
Daytime Snack Ideas	4
Bedtime Snack Ideas	4
A Well-Balanced Plate	5
My Everyday Checklist	6
My Weight Goal	6
Substituting Foods	7
Label Reading	8
Why Is My Blood Sugar High?	9
My Notes and Questions	10

Diabetes in Pregnancy Clinics

Abbotsford

Abbotsford Regional Hospital
Cheam Wing, 4th Floor
32900 Marshall Road
Abbotsford
Dietitian: 604-851-4700 Ext 648269

New Westminster






















Royal Columbian Hospital
Room 3314
330 East Columbia Street
New Westminster
Dietitian: 604-520-4488

Surrey

Jim Pattison Outpatient Care & Surgical Centre
Level 3A, Room 3009
9750 140 Street
Surrey
Dietitian: 604-582-4558 Local 764100

Note: This booklet contains general diet guidelines. They might be modified for you with specific instructions such as timing of meals.

How Food Affects Blood Sugar

Carbohydrates	Non-carbohydrates	
Raises blood sugar	Stabilizes blood sugar	Minimal or no effect
Bread, Tortillas, Pita, Roti 	Protein	Vegetables
Pasta, Noodles 	Beef 	All non-starchy vegetables 
Grains Rice, Quinoa, Oatmeal, Barley, Wheat 	Chicken 	<p>These are considered 'free' foods so if you are hungry add more vegetables to your diet.</p> <ul style="list-style-type: none"> • Aim for 5 or more servings per day. • Variety is important. Try to eat 1 green vegetable and 1 orange vegetable per day.
Cereals 	Turkey	Fats & Oils
Crackers 	Fish Aim for 2-3 servings of fatty fish/week (Salmon, Sardines, Trout) 	
Fruit 	Eggs 	Vegetable oil 
Starchy Vegetables Corn, Potato, Yams 	Cheese, cottage cheese 	Butter/Margarine 
Milk and Yogurt 	Plain Greek Yogurt* 	Salad Dressings
Poor Choices <ul style="list-style-type: none"> • Sugar: white, brown, honey, maple syrup, agave, molasses • Juices • Regular Pop • Dried Fruit • Regular Jams • Desserts • Candy and Chocolate 	Tofu	Avocado
See page 7 for better choices	Beans and Lentils* 	Nuts and Seeds
	Edamame (Soy Beans) 	<p>These foods contain a lot of calories if eaten in large amounts. If you are gaining weight too quickly, you might need to eat less of these.</p>
	Peanut/Almond Butter 	Beverages
	Nuts and Seeds 	
	<p>*Note: Also contains carbohydrates so will count towards your total carbohydrate intake.</p>	Water/Sparkling Water 
		Diet Pop/Drinks
		Black Coffee**
		Clear Tea**
		<p>**Note: Limit drinks with caffeine. No more than 2 cups of coffee or 4 cups of strong tea a day</p>
		Condiments
		Herbs Lemon or lime juice
		Spices Soy sauce
		Salt Vinegars
		Pepper Mustard
		Garlic Ginger

Note: Not enough is known about the effect of **herbal medicines** and **herbal supplements** on pregnancy or breastfeeding. **It is best not to take them at all.**

Carbohydrate Servings

1 serving = 15 grams of carbohydrate¹

Fruits	Starches	Milk
<p>Limit to 2 to 3 fruit servings each day.</p> <p>A fruit serving is equal to the size of your fist.</p> <p>Eat one fruit at a time.</p> <p>No juices or dried fruit.</p> <p>Examples</p> <ul style="list-style-type: none"> 1 medium apple 1 medium orange 1 medium pear 2 cups of blackberries 2 cups of strawberries 1 cup of blueberries 2 cups of raspberries ½ cup of cherries ½ cup of grapes 2 medium kiwis 2 medium plums ½ cup of mango ½ of a banana 1 cup of melon 1 large peach ¾ cup of pineapple 	<p>Choose whole grains</p> <p>(These will keep you full and give you a better blood sugar result)</p> <p>Examples</p> <ul style="list-style-type: none"> 1 slice of bread 3 stoned wheat crackers 2 rye crisp crackers ½ English muffin ½ pita (CD size) 1 Tortilla (CD size) 1 Roti (CD size) ¼ bagel (¼ of a CD) ¼ naan bread (8 inch oval) ⅓ cup of cooked rice ½ cup of cooked pasta ½ cup of cooked quinoa or other grain ¾ cup of cooked oatmeal ½ cup of potato ½ cup of corn ½ cup of sweet potato (yam) 3 cups of plain popped popcorn 	<p>Eat 4 servings of calcium-rich foods or take a calcium supplement each day</p> <p>Examples</p> <ul style="list-style-type: none"> 1 cup of milk 1 cup of soy milk ¾ cup of plain or Greek yogurt
<p>Read the Nutrition Facts label to decide the right serving size (See page 8).</p>		

My Preferred Foods

¹ Canadian Diabetes Association (2006). Beyond the Basics

My Meal Plan

Time	Meal	Sample Menu	My Meal Plan
	Breakfast (30 – 45 g carbohydrate) <ul style="list-style-type: none"> • 1 to 2 Starch servings • 1 Milk serving • Protein 	1-2 slices whole grain bread 1 cup milk egg	
	Mid-Morning snack (15 g carb) (optional) <ul style="list-style-type: none"> • 1 Fruit or Starch serving • Non-starchy Vegetables 	1 medium apple veggies and dip	
	Lunch (45 g carbohydrate) <ul style="list-style-type: none"> • 2 Starch servings • 1 Milk serving • Protein • Non-starchy Vegetables 	2 slices whole grain bread 1 cup yogurt chicken, cheese tossed salad	
	Afternoon snack (15 g carb) <ul style="list-style-type: none"> • 1 Fruit or Starch serving • Non-starchy Vegetables 	2 rye crisps veggies and hummus	
	Dinner (45 g carbohydrate) <ul style="list-style-type: none"> • 2 Starch servings • 1 Milk serving • Protein • Non-starchy Vegetables 	1 cup pasta 1 cup milk cooked salmon broccoli, zucchini	
	Bedtime snack (30 g carbohydrate) <ul style="list-style-type: none"> • 1 Starch serving • 1 Milk serving • Protein 	3 wheat thins 1 cup milk cheddar cheese	

Remember

- A morning snack is not necessary if there is less than 4 hours between breakfast and lunch.
- Wait at least 2 hours after your snack and ‘before meal’ blood sugar test. This allows time for your blood sugar to come down.
- Plan your dinner earlier in the evening so there is time for a walk and a bedtime snack.
- Do not eat fruit at breakfast or at bedtime.

Daytime Snack Ideas

(15 gram carbohydrate with or without protein)

With protein

- 1 serving of fruit with cheese or nuts
- 3 stoned wheat thins with cheese
- 3 cups hot air popped popcorn and a handful of nuts
- 1 slice whole wheat toast with peanut butter
- ½ sandwich (1 slice whole wheat bread with turkey and mayonnaise)
- 2 rye crisp crackers with cheese
- ½ whole grain pita (½ the size of a CD) with hummus
- ¾ cup pineapple with cottage cheese

Without protein

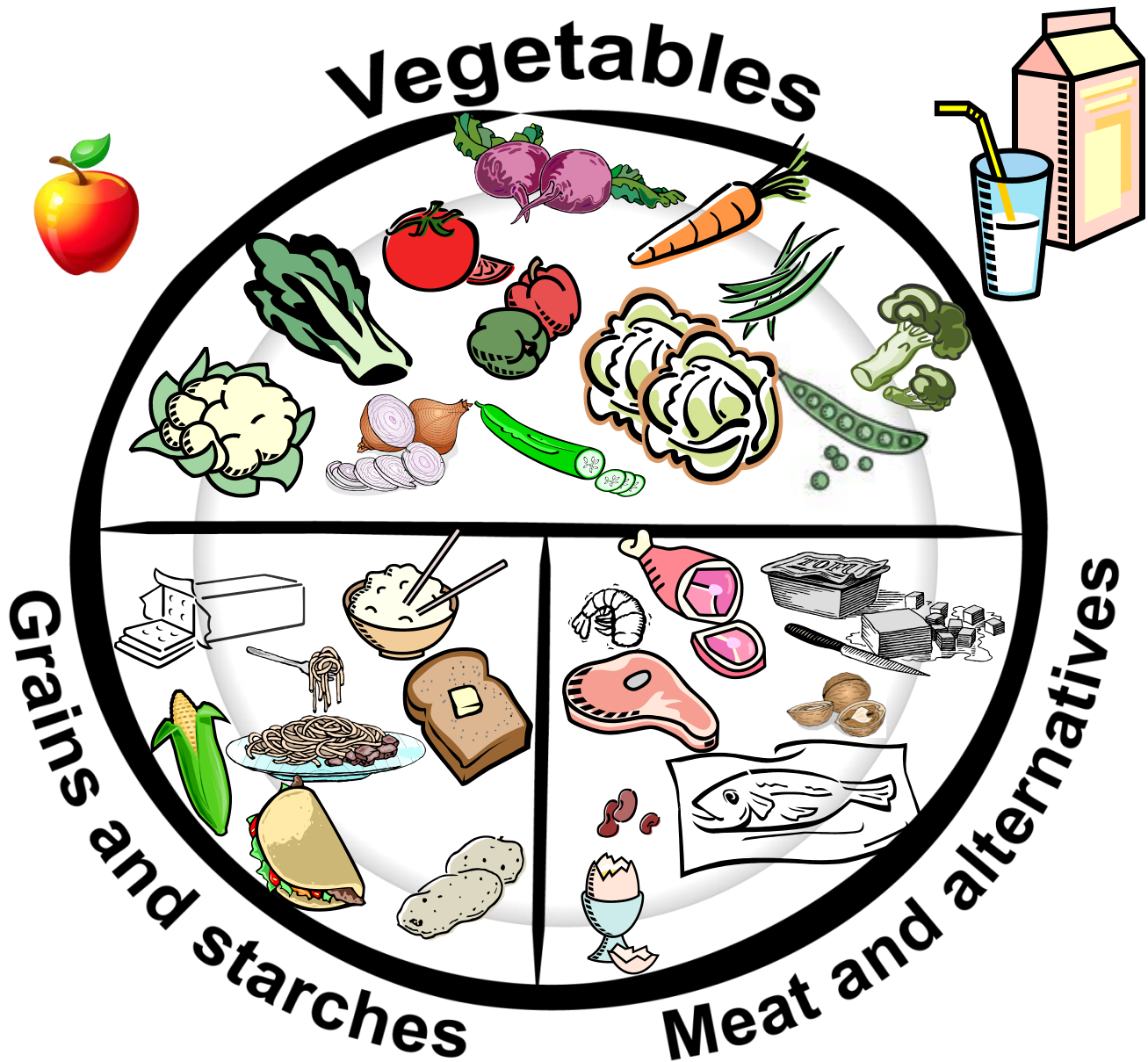
- raw vegetable sticks (carrots, peppers, celery, cucumber, broccoli, cauliflower) and ½ cup yogurt dip
- ¾ cup (175 g) plain yogurt and 1 teaspoon of 'no sugar added' jam
- 1 cup milk, hot or cold
- 1 serving of fresh fruit (amount the size of your fist)
- ½ cup unsweetened canned fruit (drained)

Bedtime Snack Ideas

(30 gram carbohydrate with protein)

- 3 stoned wheat crackers with peanut butter, 1 cup milk
- 2 rye crisp crackers with cheese, 1 cup milk
- 3 cups hot air popped popcorn, nuts, 1 cup milk
- ½ whole pita (½ the size of a CD) with hummus, 1 cup milk
- 1 whole sandwich (2 slices whole wheat bread, roast beef, mustard)

A Well-Balanced Plate



Example:

- ✓ ½ plate assorted vegetables (not starchy)
- ✓ ¼ plate meat and/or alternatives (beef, pork, fish, chicken, cheese, tofu, lentils)
- ✓ ¼ plate cooked pasta, **or** parboiled rice **or** potato **or** corn **or** 2 slices of bread **or** 2 CD sized roti
- ✓ 1 fruit and/or 1 cup milk
- ✓ small amounts of fats (oil, butter, salad dressing, mayonnaise, avocado, etc.)

My Everyday Checklist

- ☐ Eat 3 meals and a bedtime snack.
 - Include protein at all meals and with your bedtime snack.
 - Include non-starchy vegetables and water at each meal to help you feel full.
- ☐ Add a snack if there is more than 4 hours between meals.
- ☐ Eat dinner by 7:00PM.
- ☐ Walk for 10 to 15 minutes after each meal.
- ☐ Eat a bedtime snack $\frac{1}{2}$ to 1 hour before bed and allow no more than 8 to 10 hours between bedtime snack and breakfast.
- ☐ Have 4 servings of calcium rich foods every day.
- ☐ Take your prenatal vitamins, vitamin D, and other supplements suggested by your doctor or dietitian.
- ☐ Drink plenty of low sugar fluids (water preferred) – No juices or regular soft drinks.



My Weight Goal

My goal is to gain _____ pounds/kilograms a week for a total weight gain of _____ pounds/kilograms for this pregnancy.

Substituting Foods

Poor Choice	Better Choice
low fibre bread products white, 60% or 100% whole wheat, corn flour	Bread products with at least 4 grams fibre per slice: sprouted grain bread, rye, pumpernickel, sourdough, whole grain tortillas/pitas Roti using chana or besan flour
white pasta, white rice	quinoa, barley, whole grain pasta, brown rice, parboiled rice/converted rice, basmati rice, wheat berries, pasta made from bean/lentils.
low fibre, high sugar breakfast cereals Corn Flakes, Rice Krispies, Puffed Rice, Frosted Flakes, Granola	Most women find that processed breakfast cereals spike blood sugar in the morning. Instead try steel cut oatmeal or one of the cereals below, topped with a protein such as nuts or Greek yogurt. High fibre/reduced sugar cereals with at least 4 grams of fibre, less than 5 grams of sugar per serving: Shredded Wheat, Fibre 1, Bran Buds, Red River, Sunnyboy, Grape Nuts
Russet potatoes	New potatoes or sweet potatoes (yams)
yogurt (sweetened with sugar)	plain yogurt, plain Greek yogurt, or 'no-sugar added' yogurt (check that carbohydrate is less than 15 grams per serving)
white and brown sugar, honey, agave	Sugar substitute approved for use in pregnancy: Splenda (Sucralose), Stevia, Aspartame, Ace-K
high sugar drinks Regular soft drinks, juice, chocolate milk, milkshakes, smoothies, sweetened coffee/tea drinks (Café Mocha, Bubble Tea, Iced Cappuccinos, Frappuccinos)	(check that carbohydrate is less than 5 grams per serving) diet soft drinks, diet sparkling water, low calorie iced tea, low calorie lemonade, low calorie fruit drink crystals or liquid concentrate light hot chocolate clear tea or black coffee
canned or dried fruit	fresh fruit (for added fibre), canned fruit packed in water
jams, jellies, marmalade, syrup	'No Sugar Added' jam with less than 5 grams of carbohydrate per serving 2 tablespoons of sugar-free table syrup such as ED Smith No Sugar Added or Cary's Sugar Free syrup
cakes, pastries, cookies, traditional sweets, ice-cream	Best to avoid all desserts. (They are high in carbohydrates and low in nutrition.) If you choose to eat dessert, look for 15 grams or less of carbohydrates per serving: arrowroot, digestive, graham wafers. Social Tea cookies, 'No Sugar Added' popsicles, 'No Sugar Added' frozen desserts, frozen Greek yogurt bars
snack foods pretzels, potato chips, low fibre crackers (soda or rice cakes/crackers), French fries	popcorn, crackers made with 100% whole grain, baked tortilla chips Choose products with no more than 15 grams of carbohydrate per serving: Wasa, Ryvita, Triscuits

Label Reading

Nutrition Facts	
Serving Size 1 slice	
Amount Per Serving	
Calories	Calories from Fat
% Daily Value*	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	19g
Dietary Fiber	4g
Sugars	2g
Protein	5g
Vitamin A	• Vitamin C
Calcium	• Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Ingredient list: 100% wholegrain sprouted wheat, water, yeast, sugar, salt	

1 Look at the **Serving Size**.
Here we have one slice of bread.
Compare the serving size to the amount you will eat.

2 Look at the **Total Carbohydrates**.
This number includes starch, sugar, and fibre.
This product has 19g of total carbohydrates.

3 Look at the **Dietary Fibre**.
Fibre does not raise blood sugars so we minus it from the total carbohydrates.

Example:

$19g - 4g = 15g$ of available carbohydrates
This means one serving of this product is equal to 1 serving of carbohydrates or 15g.

Did You Know?

Ingredients are listed in order of the amount in the food. The product has the most of the ingredient that is first on the list, and the least amount of the ingredient that is last on the list.

Tip

Look for 100% whole grain to be the first ingredient.



Why Is My Blood Sugar High?

To keep your blood sugar from being high, it might help if you understand what might be causing the problem.

When your blood sugar is high, ask yourself these questions.

High after eating

Did I eat too many carbohydrates?

Look at how much carbohydrates you are eating. Compare your serving size with the sample meal plan. Foods that can raise blood sugar too much include obvious sweets, large servings of breads, pasta, rice, or fruit.

To limit your carbohydrates, have more vegetables and protein.

Did I eat overly processed carbohydrates like white bread or rice?

Overly processed carbohydrates break down into sugar much too fast. (Examples of overly processed carbohydrates: juice, white bread, white rice)

Choose slow releasing carbohydrates, such as whole fruit, whole grains, or parboiled rice.

Am I reading food labels?

Check the Nutrition Facts label's serving size. Check the grams of carbohydrates. Compare the serving size to your portion size. Remember that serving sizes vary from product to product.

Did I include protein with my meal or snack?

Protein is digested more slowly than carbohydrates and this helps control your blood sugar.

Was I active after my meal?

Sitting down after a meal means less sugar is being used by the body and is left in your blood. Do 10 to 15 minutes of activity after meals to lower your blood sugar.

High before eating

Am I eating too many carbohydrates at snack times?

Keep snacks to one serving or 15 grams of carbohydrates. Fruit servings can add up quickly so check the serving size.

Did I wait at least two hours between my snack and meal time?

Wait at least 2 hours after your snack before testing your 'before meal' blood sugar. This allows time for your blood sugar to come down. If you test sooner than two hours or eat again before testing, you could have a higher reading.

Was my meal high in fat?

Fat can delay when your blood sugar rises, sometimes hours after you have eaten. Limit deep fried and high fat foods.

Did I eat in the middle of the night?

Fasting blood sugar should be 8 to 10 hours after the bedtime snack. Eating or drinking in the middle of the night can raise your morning blood sugar. Waiting more than 12 hours to do your fasting blood sugar test can also make your blood sugar high.

Still not sure why it's high

Were my hands clean?

Always wash your hands before testing blood sugar. Any bits of food or lotion on your fingers can give a false high blood sugar.

Am I stressed or sick?

Hormones produced to fight illness or stress can raise blood sugar.

[illegible]

This information does not replace the advice given to you by your healthcare provider.

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