

Diabetes and Pregnancy

South Asian Diet Guide

It is best to not eat foods high in sugar or add sugar to your food.

These foods are high in sugar. Do not eat them.

- × sugar
- × honey
- × syrup
- × sweetened or unsweetened juice
- × candy
- × chocolates and chocolate bars
- × sweetened cereals
- × regular Jello®
- × puddings
- × ice cream
- × chocolate milk
- × iced tea
- × fruit flavoured mineral water
- × dried fruits
- × candied fruits
- × fruit canned in syrup
- × sweetened yoghurt
- × cakes
- × pastries
- × pies
- × donuts
- × sweet rolls
- × lemonade
- × regular soft drinks
- × tonic water
- × galab jamun
- × jaggery
- × kulfi
- × ledhu
- × pinni
- × barfi
- × jelabee
- × kheer
- × jams
- × jellies
- × marmalades
- × sweetened chewing gum

Instead of sugar, use Equal, Stevia, or Splenda. See Baby's Best Chance for more about sugar substitutes.

These foods can also make your blood sugars too high.

- × fried foods
- × fast foods
- × restaurant foods

Write a note in your log book when you eat these foods.

Sample Meal Plan

- ✓ Eat 3 meals and a bedtime snack every day.
- ✓ Space meals 4 to 6 hours apart.
- ✓ Eat your evening meal by 7:00PM.
- ✓ Do not eat or drink anything except water after the bedtime snack and before breakfast.

Time

Breakfast

-
- cheese **OR** unsweetened peanut butter **OR** egg **OR** tofu **OR** nuts
 - 2 slices whole grain bread/toast with margarine/butter (*optional*) **OR** 1 cup bran cereal
 - 1 cup milk (as part of tea)

Morning Snack (only if more than 4 hours between breakfast and lunch)

-
- 1 small piece of fruit

Lunch

-
- sandwich - 2 slices of bread
meat, fish, poultry **OR** cheese **OR** egg **OR** nut butter
margarine/butter/mayonnaise (*optional*)
 - raw vegetables **OR** salad
 - 1 small piece of fruit
 - 1 cup milk **OR** plain/diet yogurt

Afternoon Snack (only if more than 4 hours between lunch and dinner)

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- 1 cup tea made with milk
 - 1 slice bread with margarine/butter (*optional*) **OR** 1 small fruit

Dinner (You can switch this meal with your lunch meal if you prefer.)

-
- 2 small roti **OR** 2 bread **OR** 1 cup rice
 - ½ cup daahl **OR** 1 cup subji made with tofu* or paneer **OR** meat/chicken/fish curry
 - 1 cup milk **OR** plain/diet yogurt **OR** buttermilk
 - raw vegetables **OR** salad

*Subji should not be made with potato

Bedtime Snack

-
- ½ sandwich **OR** 6 crackers and cheese **OR** 2 plain cookies and nuts
 - 1 cup milk

1 cup = 250 mLs = 8 ounces