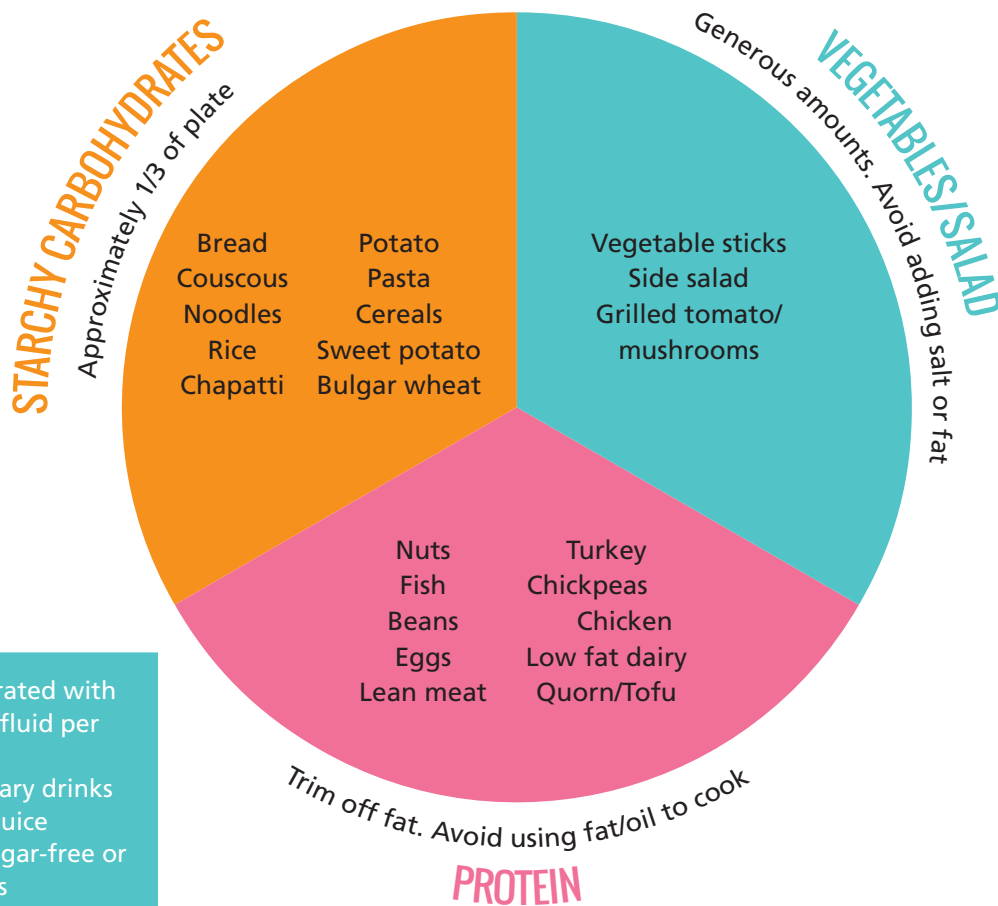


# GESTATIONAL DIABETES

Regular meals 4-5 hours apart

Breakfast before 9am, evening meal before 9pm

Aim for your plate to look like this at breakfast, lunch and dinner:



- Keep hydrated with 8-10 cups fluid per day
- Avoid sugary drinks and fruit juice
- Choose sugar-free or diet drinks

**Breakfast ideas**

- Wholegrain cereal (less than 20g sugar/100g; oats, bran flakes, wheat biscuits, shredded wheat) with milk.
- Wholegrain/granary bread, with olive spread and egg/low fat cheese/lean ham /peanut butter and vegetables e.g. grilled mushroom and tomatoes

**Snack ideas**  
At least 2 hours after main meal, 1 hour before

- Yogurt (less than 10g carbohydrate/100g)
- Fruit (1 handful) or veg sticks and hummus

**Lunch and Dinner ideas**

- Try to have balanced meals, using the above plate for guidance
- Limit starchy carbohydrates to no more than 2 portions/meal and choose low GI options

**1 Portion:**

- 1 medium slice of bread
- 1 small or 1/2 medium chapatti
- 2-3 small crackers or crisp-breads
- 2-3 tablespoons cooked rice, pasta, couscous, noodles or mashed potato
- 2 egg-sized new potatoes or 1/2 a baked potato
- 3 tablespoons cereal

MAKING A DIFFERENCE, FOR YOU, WITH YOU.

# IDEAS FOR YOU

## Breakfast ideas

- Wholegrain cereal (less than 20g sugar/100g; oats, bran flakes, wheat biscuits, shredded wheat) with milk.
- Wholegrain/granary bread, with olive spread and egg/ low fat cheese/lean ham /peanut butter and vegetables e.g. grilled mushroom and tomatoes

## Snack ideas

At least 2 hours after main meal, 1 hour before

- Yogurt (less than 10g carbohydrate/100g)
- Fruit (1 handful) or veg sticks and hummus
- Plain popcorn or unsalted nuts and seeds
- Crisp-bread with low fat cheese or avocado
- Boiled egg or chicken slices

## Lunch and Dinner ideas

- Try to have balanced meals, using the above plate for guidance
- Limit starchy carbohydrates to no more than 2 portions/ meal and choose low GI options

### 1 Portion:

- 1 medium slice of bread
- 1 small or ½ medium chapatti
- 2-3 small crackers or crisp-breads
- 2-3 tablespoons cooked rice, pasta, couscous, noodles or mashed potato
- 2 egg-sized new potatoes or ½ a baked potato
- 3 tablespoons cereal

- Keep hydrated with 8-10 cups fluid per day
- Avoid sugary drinks and fruit juice
- Choose sugar-free or diet drinks

**MAKING A  
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