



The Woman's Hospital of Texas

Dietary Guidelines for Women With Gestational Diabetes

● LIMIT SUGARS AND CONCENTRATED SWEETS

Instead of regular soft drinks, fruit juices, fruit drinks, Kool-Aid, Hi-C, nectars, Gatorade, candies, jellies, jams, table sugar, honey, or syrups. See Free Food Category for alternatives.

● LIMIT PORTION SIZE OF CONVENIENCE FOODS AND FAST FOODS

Try eating half as much as you are now eating, or try eating smaller amounts than usual.

● EAT SMALL FREQUENT MEALS

Eat about every 3 hours and include a good source of protein at every meal and snack. Good sources of protein are low fat meats, chicken, fish, cheeses, nuts, seeds, peanut butter, cottage cheese, and eggs.



● EAT A SMALL BREAKFAST

Have your breakfast consist of one serving of milk, protein and starch/bread. Do not have juice or fruit for breakfast.

● EAT SNACKS

Eat 3 small snacks during the day (mid morning, mid afternoon, and bedtime) With each snack include a protein source.

● FREE FOODS

These are foods that contain only small amounts or have no carbohydrates and will therefore not affect blood sugar control. Some examples are: lemons, limes, vinegar, most seasonings and spices, sugar free/caffeine free soft drinks and drink mixes (in limited amounts), Equal, or Splenda (in limited amounts).

