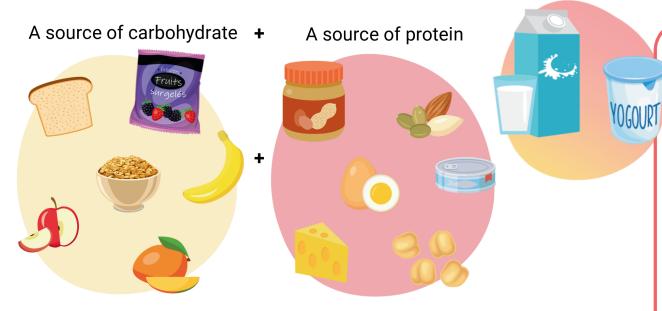
Nourrir la vie

A Balanced Diet to Manage Gestational Diabetes



A balanced snack contains:





Unlike vegetables, fruits contain carbohydrates. Therefore, they cannot be eaten freely when managing gestational diabetes.

Notes:		
		Eat ca
		foods to
		you an de
	\	Q e
	_	

Eat carbohydrate-rich foods to provide energy for you and for your baby's development.

Sample Menu:

Meal:

One or two slices of whole grain bread with peanut butter, one hard-boiled egg and a glass of milk

Snack:

Cereals with milk

Meal:

Whole wheat pasta with a meat and vegetable sauce

Snack:

Crackers with canned tuna

Meal:

Stew with cassava, tomatoes, onions and fish

Snack:

An apple with a glass of milk

