

## A Balanced Diet to Manage Gestational Diabetes

### A balanced meal contains:

#### Vegetables

Eat as much as you like in stews, sauces, salads, or raw.

- Fresh, frozen or canned

#### Grains and starches

Prioritize whole grains.

- Pasta
- Bread, tortillas, chapati, roti
- Potatoes, cassava, yam, plantain
- Cereals : rice, oats, bulgur, quinoa
- Corn

Eat balanced meals which contain equal portions of protein, vegetables, and starches or whole grains.

Eat three balanced meals per day with 2-3 snacks between meals.

#### Protein foods

Have these foods at every meal and snack.

- Meat and poultry
- Fish and seafood
- Eggs
- Tofu
- légumes : beans, chickpeas, lentils
- Milk, yogurt and cheese
- Nuts and seeds

These foods contain carbohydrates.



## A balanced snack contains:

A source of carbohydrate +

A source of protein



+



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

### Notes :

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

