

HEALTHY EATING WITH GESTATIONAL DIABETES MELLITUS



This handout covers some healthy eating recommendations for **pregnant people that are screened positive for gestational diabetes mellitus (GDM)**. If you have GDM, you will likely be connected with a Registered Dietician who will speak with you in more detail about next steps. The purpose of this handout is to provide you with general tips for healthy eating with GDM.

01 WHAT IS THE GLYCEMIC INDEX?

Glycemic Index (GI) is a way to measure how much a certain food item raises blood sugar levels after consumption. The index ranges from 0-100. The table below highlights some examples of foods in each GI range from various food groups.

DID YOU KNOW...

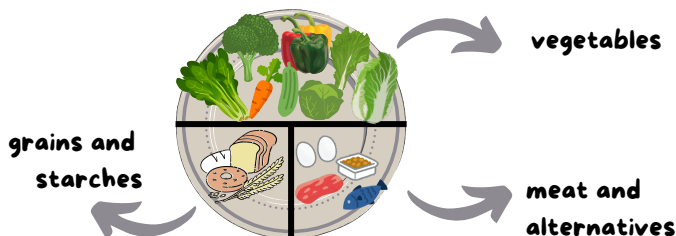
A low GI diet has various benefits such as managing blood glucose, feeling full longer, and reducing the need for insulin!

	LOW Glycemic Index	MEDIUM Glycemic Index	HIGH Glycemic Index
Fruits	Apples, Apricots, Banana (green, unripe), Berries, Cantaloupe, Grapefruit, Mango, Orange, Peach, Pear, Plum	Banana (ripe, yellow), Cherries, Cranberries, Figs, Grapes, Kiwi, Pineapple, Raisins	Banana (brown, overripe), Watermelon
Grains	Sourdough bread, Tortilla (whole wheat), Oat Bran, Quinoa, Peas, Sweet Potato	Chapati, Pita Bread, Roti, Whole Grain Wheat Bread, Oats, White Rice, Corn, Potato, Crackers	Breads, Naan, Corn Flakes, Rice Krispies, Sticky Rice, Pretzels, Rice Cakes
Milk & Alternatives	Almond milk, Cow Milk (skim, 1%, 2%, whole), Frozen Yogurt, Greek Yogurt, Soy Milk, Yogurt (skim, 1%, 2%, whole)		Rice Milk
Meat & Alternatives	Baked Beans, Chickpeas, Kidney Beans, Lentils, Mung Beans, Soybeans/Edamame, Split Peas	Lentil Souple, Split Pea Soup	

02 HEALTHY PORTION SIZING

Using a standard plate, it is recommended that meal portions are divided in the following way:

It is important to eat healthy during pregnancy to ensure good outcomes for the pregnant person and the baby. If you are diagnosed with GDM, please do not stop eating carbohydrates. Carbohydrates contain other important nutrients as well.



References
Diabetes Canada. Glycemic Index Food Guide. Diabetes Canada. 2013. Available from: [https://www.diabetes.ca/resources/tools-resources/understanding-the-glycemic-index-\(gi\)](https://www.diabetes.ca/resources/tools-resources/understanding-the-glycemic-index-(gi))

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