



Gestational Diabetes Diet

WHAT TO EAT

- **Carbohydrates** — See the CDC list.
- **Proteins** — Preferably lean.
- **Fats** — Preferably unsaturated.

HOW MUCH TO EAT

Plate Method

Divide a 9-inch plate into 3 sections:

- **50%** — Non-Starchy Veggies
- **25%** — Lean Protein
- **25%** — Carbohydrates

Carb Counting

- 1 Carb Choice = 15 grams of carbs.
- 3 Meals = 3–4 carb choices each.
- 2 Snacks = 1–2 carb choices each.

WHEN TO EAT

- Every 3–4 hours.
- Don't skip any meals.

