



Mertz MFM Center

Gestational Diabetes Food List

PROTEIN FOODS

- Lean ground beef
- Lean ground turkey
- Lean beef or pork steaks
- Boneless, skinless chicken breasts
- Frozen turkey breast (NOT DELI TURKEY!)
- Rotisserie chicken
- Shrimp (stay within weekly limits for fish)
- Salmon (stay within weekly limits for fish)
- Canned, light tuna packed in water (stay within weekly limits for fish)
- Eggs (or egg substitutes)
- Cottage cheese
- Greek yogurt (choose lower sugar varieties)
- Low-fat cheeses (make sure everything is pasteurized)*
- Hummus*
- Tofu
- Lentils*

NON-STARCHY VEGETABLES

- Artichokes (or artichoke hearts)
- Asparagus
- Beans (green)
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Squash (zucchini, summer)
- Tomatoes
- Water chestnuts

- Peanut butter (or other nut butters)
- Beans*
- Veggie burgers*

GRAINS & STARCHY VEGETABLES

- Whole wheat bread*
- Whole wheat pasta*
- Whole wheat crackers*
- Quinoa*
- Brown rice*
- Graham crackers*
- Pretzels*
- Potatoes*
- Corn on the cob*
- Peas (green)*
- Winter squash (acorn, butternut)*

FATS

- Avocados
- Nuts
- Peanut butter (or other nut butters)
- Olive Oil
- Canola Oil
- Coconut Oil

FRUITS*

- Apple*
- Applesauce (unsweetened)*
- Banana*
- Berries (blackberries, blueberries, raspberries, strawberries) *
- Cantaloupe*
- Cherries*
- Grapes*
- Kiwi*
- Nectarine*
- Orange*
- Peach*
- Pear*
- Pineapple*
- Watermelon*

DAIRY

- Milk (preferably skim/nonfat or alternative milks)*
- Yogurt (choose lower sugar varieties)*
- Low-fat cheeses (make sure everything is pasteurized)*

*These foods/food groups count as carbohydrate servings in a gestational diabetes carb-counting diet.