



Plan Your Portions



Water or
0-Calorie Drinks

Fill half your plate with non-starchy vegetables, one quarter from lean protein foods, and the remaining quarter from quality carbohydrates like starchy vegetables, fruits, whole grains or low-fat dairy.



Use a 9-inch plate to help you serve smart portions.

Scan for more meal planning resources.



Using the Diabetes Plate with **Gestational Diabetes and After Delivery**

Gestational diabetes (GDM) is diabetes that develops during pregnancy. Many times, your blood glucose (blood sugar) will return to normal levels after you give birth. If your health care provider diagnoses you with GDM, you may be wondering how to take care of yourself and your growing baby. The first place to start is with a healthy eating plan that will help you manage your nutritional needs and blood glucose (blood sugar) to protect both your and your baby's health.

Below are some general tips for healthy eating and activity during pregnancy for people diagnosed with GDM. Along with your regular health care appointments, ask if you can meet with a registered dietitian (RD) to get more personal guidance on creating an eating plan.

The **Diabetes Plate** provides a visual guide of what you can eat at each meal and snack. It offers a way to make sure you have healthy carbohydrates, lean protein, fiber, and "good" fats each time you eat. The Diabetes Plate can be a starting point you can use to healthy eating after delivery and while breastfeeding. Work with your RD to make sure your eating plan meets your needs.

Healthy Eating Tips:

- Eat three smaller meals and two to three snacks at about the same time every day.
- Include carbohydrates and protein in meals and snacks. Add non-starchy vegetables to meals whenever possible.
- Keep the amount of carbohydrate content at breakfast lower than the rest of the day (30 grams of carbohydrates or less). Carbohydrates at breakfast often have a higher impact on your blood glucose (blood sugar).
- Choose foods that are a good source of fiber, including whole grains, beans, vegetables, and fruit.
- If hungry, add non-starchy vegetables as desired, such as celery, lettuce, broccoli, cauliflower, nopales cactus, asparagus, and tomatoes.
- If you are feeling nauseous at mealtimes, speak with your health care provider about the best options for treatment.
- Drink plenty of water and non-caffeinated zero-calorie drinks.
- Limit sweet foods and drinks and the use of sweeteners, including sugar, honey, syrup, agave, and regular soda.
- Non-nutritive sweeteners can be used in moderation.
- Limit caffeine to 200 mg per day.

Activity Tips:

- Try to be active for 30 minutes per day for five days per week—or 150 minutes per week spread out however you like.
- Get up and stretch for a few minutes for every 30 minutes of sitting still.

After you deliver your baby, you may not need to check your blood glucose the way you were during pregnancy. You will be asked to schedule a test for type 2 diabetes 4–12 weeks after your delivery.

Scan the QR code below or visit diabetes.org/Gestational to learn more.

