



**Te Whatu Ora**  
Health New Zealand

# Gestational Diabetes: What to Eat

# Foods to Enjoy (eat freely)

These foods contain very little carbohydrate or fat and are low in kilojoules/calories.

They are an excellent source of fibre, vitamins, minerals and antioxidants essential for food health.

Guideline: Choose a variety of different coloured vegetables daily.

- Alfalfa sprouts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beans – green and butter
- Bok Choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Cucumber
- Egg plant
- Kim Chi
- Leeks
- Lettuce
- Marrow
- Mixed vegetables
- Mushrooms
- Onions
- Peas
- Peppers – green, red, yellow
- Puha
- Pumpkin
- Radish
- Silverbeet
- Snowpeas
- Spinach
- Spring onions
- Swede
- Taro leaves
- Tomato
- Turnip
- Watercress
- Zucchini (courgettes)

## Drinks

- Water is best
- Soda water
- Clear soups
- Low calorie drinks with Nutrasweet
  - Sprite Zero
  - Coke Zero
  - Baker Halls Low Calorie Cordial
  - Tea
  - Coffee

## To add flavor

- Garlic
- Low calorie salad dressings
- Herbs and spices
- Soy sauce \*
- Root ginger
- Tomato Sauce / Paste \*
- Mustard
- Vinegar
- Lemon Juice
- Worcester Sauce \*
- Lime Juice
- Marmite / Vegemite \*

\*These foods contain a significant amount of salt or sodium. Use in moderation.

## Remember

- In pregnancy, if using artificial sweeteners, use only:
  - Aspartame (951) called Nutrasweet / Equal
  - Sucralose (955) called Splenda
  - Acesulphame K (950)
  - Stevia (960) Purevia

# Sample meal plan

## Breakfast

- 1 cup cooked porridge with low fat milk
- 1 cup Special K **or** Just Right **or** Light n Tasty + low-fat milk
- 3 Weet-Bix **or** Vita-Brits + low-fat milk
- ½ cup muesli + low-fat milk
- 2-3 slices wholegrain toast (sandwich slice) + topping
- 1 cup cooked rice/noodles + lean meat + vegetables

## Morning tea

### Choose 1-2 options from this list:

- 1 pottle lite fruit yoghurt or low-fat Natural / Greek yoghurt
- 1 glass of milk
- 4 wholegrain crackers
- 1 medium piece of fruit (handful)
- 1 cup berry fruit
- 1 bobby banana
- 1 slice Burgen mixed fruit bread with scrape margarine
- 1 slice of wholegrain bread
- 1 cup plain popcorn

## Lunch

Can be a sandwich meal or something cooked

### Choose one of these carbohydrates (¼ of your plate):

- 2-3 wholegrain slices (sandwich slice)
- 1-2 wholegrain slices (sandwich slice) and ½ cup baked beans
- 1 wrap **or** 1 medium pita bread
- Soup with 1-2 slices wholegrain bread (if soup has lots of potatoes limit bread to 1 slice)
- 1 fist sized piece of potato, kumara or taro
- 1 cup cooked pasta, basmati rice **or** noodles
- 2-3 small thin roti **or** 1 chapatti

- 3-4 small steamed buns **or** 1 large steamed bun **or** 7-8 small steamed dumplings / dim sim ☐ 1 small green banana

**AND one of these proteins (¼ of your plate):**

- Lean meat
- skinless chicken
- fish
- low-fat cheese
- eggs
- beans
- lentils (including dahl)
- tofu

**AND plenty of vegetables or salad (½ of your plate):**

- Fresh, frozen **or** tinned non-starchy vegetables

## Afternoon Tea

Options are the same as Morning Tea

## Dinner

Options are the same as Lunch

## Supper snack

- Best snacks at supper are:
- A glass of milk or
- A pottle of yoghurt or
- A slice of grainy bread

## Drinks

- Water is your best choice.
- Milk, low sugar cordials, green/fruit/peppermint tea, diet/zero/sugar free drinks can be incorporated into your meal plan to add variety.
- Avoid alcohol and minimise caffeine containing drinks (tea/coffee/diet coke/coke zero).
- Check sweeteners and avoid Saccharin (954) and Cyclamate (952)

# Important Things to Remember

- Eat 3 meals each day.
- Have small healthy snacks in-between each meal.
- Eat your meals and snacks at about the same time each day.
- Do not miss any meals, especially breakfast.
- Do not drink alcohol while you are pregnant.
- If you use an artificial sweetener, use a sweetener like Equal / Nutrasweet (951), Splenda (955) or Stevia (960)

## Foods to Avoid

### Food high in fat

These foods can make you put on too much weight during your pregnancy. Use small amounts of all fats, and use only a little margarine on bread.

- Fatty meat, fried foods, takeaways, chips, batter, pastry
- Pies, sausage rolls, croissants
- Cream, coconut cream
- Crisps, Cheezels, Twisties
- Dripping, Lard
- Roast vegetables
- High fat salad dressings, mayonnaise, and sauces

### Food high in sugar

Large amounts of sugar may affect blood glucose levels. These foods may also be high in fat and energy and offer very little nutritional value.

- Sugar - all types white, brown, raw or cane
- Honey, jam, marmalade
- Glucose, golden syrup, treacle Cakes, sweet biscuits, sweet pies, muesli bars, roll ups, pastries

- Sweet breakfast cereals
- Fruit cooked or canned with sugar
- Ice cream, jelly, ice cream toppings
- Lollies, chocolate, carob, chewing gum
- Quik, sweetened condensed milk, flavoured milk, milkshakes Fruit juice, cordials, flavored mineral water
- Sport and energy drinks e.g. 'V', red Bull, Lift Plus, G Force, Sweetened soft drinks e.g. Coca Cola, Sprite, Fanta

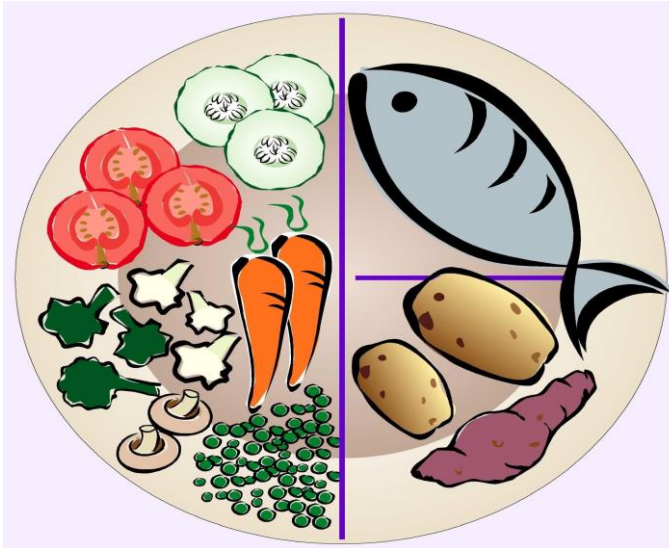
# The Healthy Eating Plate

## Vegetables

- Salad

## Protein

- Meat
- Fish
- Chicken • Eggs
- Legumes



## Low Fat

- Cut fat off meat
- Remove skin from chicken
- Bake, boil, steam, grill (do not fry)
- Low fat dressings

## Carbohydrate / Starch

- Potatoes
- Rice
- Kumara
- Pasta
- Taro
- Noodles
- Bread
- Roti





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