

GUIDELINES ON NUTRITION FOR PREGNANT WITH GESTATIONAL DIABETES



UNIDADE LOCAL DE SAÚDE
AMADORA / SINTRA



UNIDADE DE NUTRIÇÃO E DIETÉTICA

- Eat every 3 hours.
- Overnight stay no more than 8 hours without eating and should make a meal before going to bed.
(for example: 1 cup of milk or 1 low-fat or plain yogurt without sugar or 1 tea without caffeine with 2 Maria's cookies or water and salt crackers).
- You should eat Brown bread or whole grain bread or seed bread, always between the main meals:
For example: at breakfast and at lunch – ½ bread or 1 slice of bread, with about 60 grams;
You can put in the bread: butter (thin layer) or 1 slice of cooked poultry ham or 1 slice of pasteurized cheese or ½ fresh pasteurized cheese;
Avoid consumption of milk bread, sliced bread and white bread.
- You should consume between 3 to 4 pieces of fruit per day, separately and preferably outside the main meals:
Eat the fruit with: 1 natural or low-fat yogurt without sugar or 1 Maria's cookies or water and salt crackers or half a dozen nuts;
1 Portion of fruit corresponds: 1 medium pear = 1 small apple = 1 orange = 1 peach = ½ diospyre = ½ banana = 10 grape berries = 2 small tangerines = 2 small kiwis;
1 Portion of nuts: 2 walnuts = 7 cashews or almonds = 6 hazelnuts = 8 peanut pods = 11 pistachios.
- When eating cookies choose: Maria, Maria toast, water and salt, corn or rice tortilla.
- Drink at least 1.5L of water and/or tea without caffeine and sugar daily.



Main meals:

Start the meal with vegetable soup:

Don't put potatoes, pasta, rice, beans, peas, chickpeas, meat, fish and Knorr broths;

Replace the potato with zucchini or chayote;

Alternate the soup base between carrots (2 medium carrots) or pumpkin (4/6 pieces of pumpkin).

Main course:

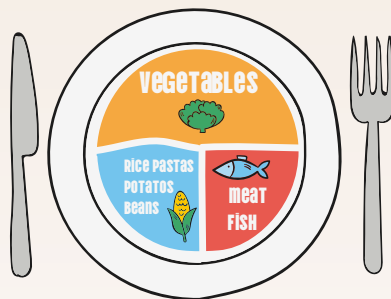
You must alternate between meat, fish or eggs;

Prefer boiled and grilled food;

Serve with rice / pasta / potatoes / beans / peas /lentils, for example: 2 or 3 tablespoons of rice;

Half of the plate should have raw or cooked vegetables;

Your plate should be divided into 3 parts as in the example.



Foods to AVOID:

Sweets, cakes, cold meats, scones, gums, chocolates, candies, honey, jams, fruit juices (natural or packaged), milkshakes, chips, popcorn, fast food (pizzas, hamburgers), pie, lasagna, moamba, feijoada, cassava, cream, mayonnaise, buying sauces, instant potato puree, porridge (Cerealac, Nestum), ice cream and gelatina with sugar.

Avoid sweeteners – if you can't do without the sweetener, use aspartame, stevia, candarel green;

Physical activity – if there is no medical contraindication:

If you practiced sport before, you can keep it as long as it doesn't involve impacts and that you suspend whenever you feel tired or discomfort;

If you did not practice sport, you should exercise without impact, minimum of 30 minutes, 4 to 5 times a week (for exemple: walking, swimming, yoga or pilates for pregnant women).