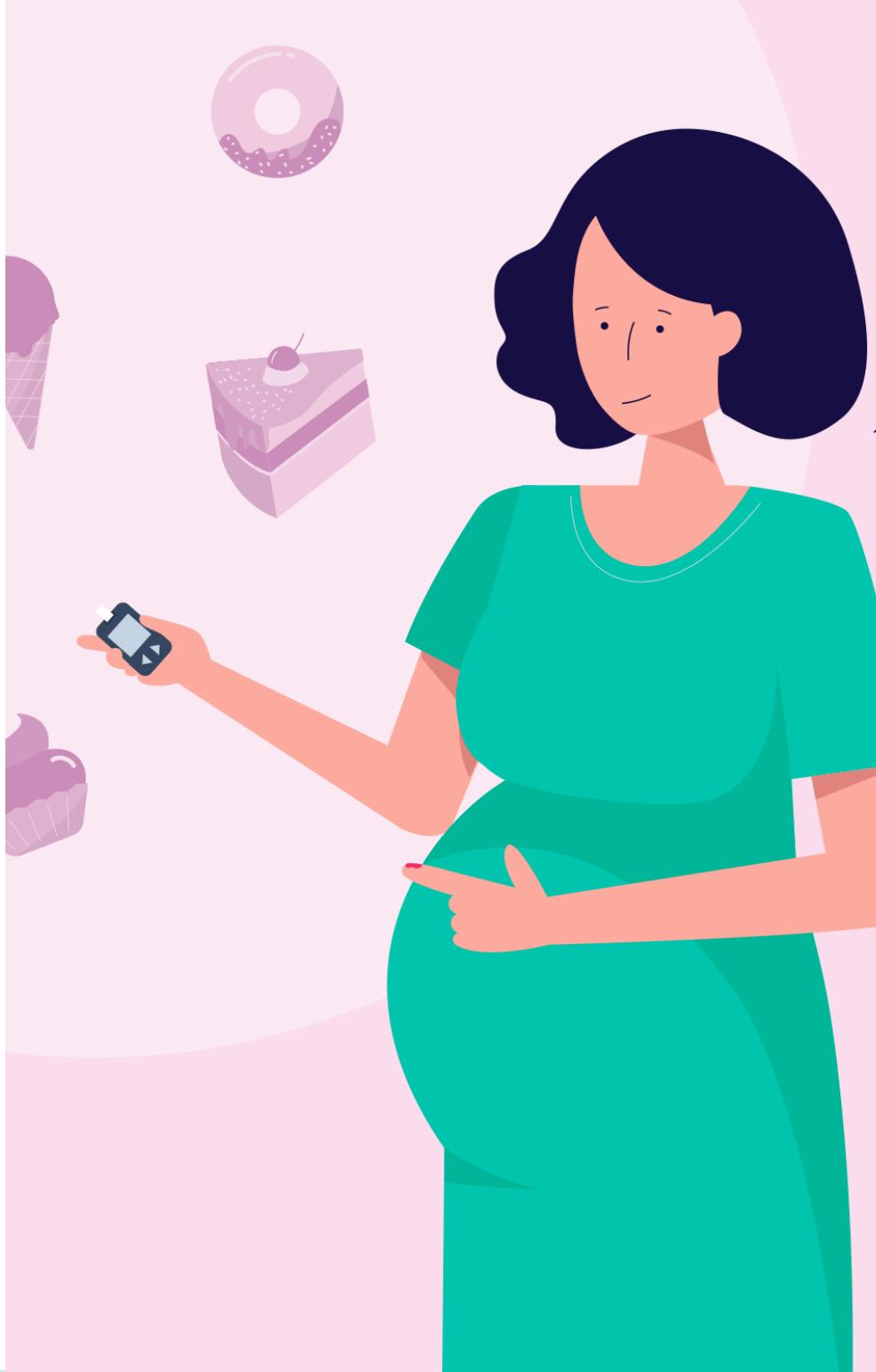
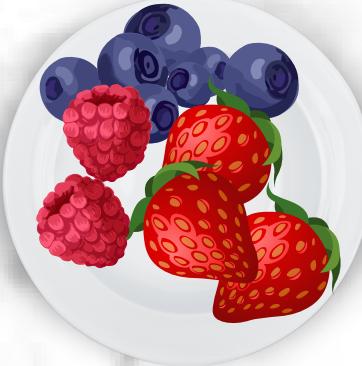


My Plate for Gestational Diabetes



What should I have on my plate?

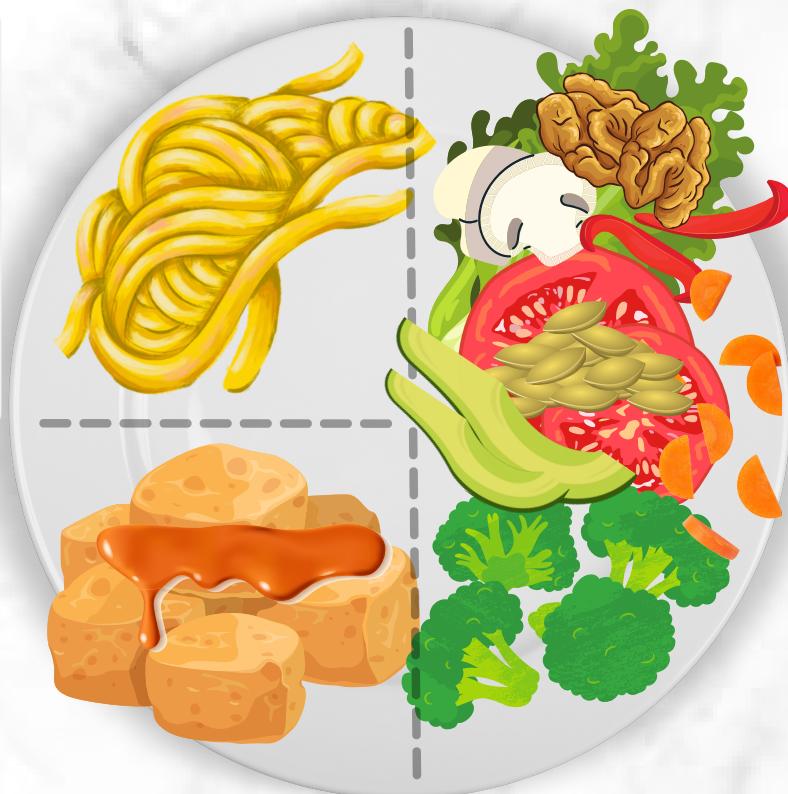


Serving of fruit

- Strawberries
- Blueberries
- Raspberries
- Kiwi
- Grapefruit
- Oranges
- Cantaloupe

Whole grains

- Quinoa
- Brown rice
- Bulgur
- Buckwheat
- Millet
- Barley
- Whole wheat bread
- Whole wheat pasta



Plant-based protein

- Tofu
- Tempeh
- Beans
- Chickpeas
- Lentils
- Split Peas
- Seitan

Non-starchy vegetables

- Asparagus
- Green beans
- Beets
- Broccoli
- Carrots
- Tomato
- Leafy greens

Unsweetened fortified non-dairy milk

- Soy milk
- Pea milk
- Flaxseed milk
- Oat milk
- Hemp milk



Healthy fats

- Avocado
- Nuts such as walnuts, pistachios, almonds
- Seeds: pumpkin, chia, flax, sunflower, hemp
- Oils: olive, avocado, safflower



Prenatal vitamins & other supplements

- Vegan prenatal multivitamin
- Vitamin D
- Vitamin B12
- Choline
- Omega DHA/EPA

Recommendations

Vegetables

- Fill half of your plate with colorful vegetables.
- Feel free to use fresh, frozen or low-sodium canned vegetables.
- Have veggies raw, steamed, boiled, blanched, marinated or seasoned with herbs & spices & roasted until tender.
- Avoid smothering veggies with too much salt, vegan butters or processed oil.
- Listen to your body & honor your hunger by choosing vegetables that you crave & enjoy.

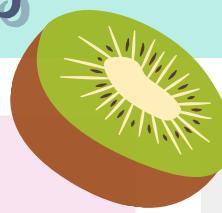


Protein

- Fill about one quarter of your plate with plant-based proteins such as tofu, tempeh, beans, split pea, chickpeas or lentils.
- Aim for less processed proteins, such as choosing a black bean burger patty as opposed to vegan mock meats or imitation beef-burgers.
- Aim for protein sources that satisfy both physically & emotionally.

Fruit

- Eating fruit as a snack is a great way to keep you satiated throughout your day & avoid steep blood glucose drops.
- Pair fruit with protein or fat to reduce blood sugar spikes (such as apple + almond butter, or strawberries + unsweetened soy yogurt).
- Fruits like berries, strawberries, kiwis, grapefruit & oranges are lowest in sugar content.
- Fruit-infused water is a great alternative to soda or sugary juices for a sweet & refreshing drink fix.



Fortified plant milk

- Choose unsweetened plant-based milks & check nutrition labels to make sure there are no added sugars.
- Take comfort in the fact that plant milks are very low in saturated fat, a leading cause of insulin resistance.
- Choose higher-protein milks like soy milk or pea milk to help meet prenatal protein needs.
- Opt for fortified milks for a boost of calcium, vitamin D & other nutrients critical during pregnancy & lactation.

Grains

- Fill about one quarter of your plate with grains, ideally in whole, unrefined forms (such as brown rice or whole wheat bread instead of white rice or white bread).
- Some other examples of whole grains include quinoa, oats, buckwheat, bulgur, millet, barley, whole grain pasta, whole wheat tortillas, corn tortillas & whole grain breads.
- Starchy vegetables like potatoes & sweet potatoes also belong in this category.



Healthy fats

- Incorporate healthy fats by making dressings with hummus, tahini, avocados, seeds, nuts & nut/seed butters.
- Choose healthy cold-pressed plant oils like avocado, olive oil, or safflower instead of palm oil or coconut oils - which are richer in saturated fat.
- Mix healthy seeds like hemp, flax, & chia into porridges, smoothies & baked goods for additional fiber & a boost of ALA, a form of omega 3 fatty acids.

Prenatal vitamins & supplements

- Take a prenatal multivitamin (with iron) to ensure you are obtaining all the necessary nutrients for proper fetal development.
- If your prenatal multivitamin doesn't already include it, take a choline supplement that provides 550 mg daily.
- Supplementing with B12 is also important if you are not regularly consuming large amounts of fortified foods. Choose a supplement offering at least 50 mcg daily.
- Taking 200-300 mg of algae-based DHA daily will aid in proper fetal brain & nervous system development.