

Recommended diet for gestational diabetes



Consider

1. Feel free to eat a lot of fruit and vegetables
2. Feel free to choose Keyhole labelled food stuffs
3. Spread out meals and snacks throughout the day
4. Feel free to choose liquid margarine and oils
5. Feel free to eat fish often

1) Breakfast

2) Snack

3) Lunch

4) Snack

5) Dinner

6) Snack



More reading:

[1177: Healthy food when you are pregnant](#)

(There is also a link on 1177 to the course Healthy Start. A course in improving your lifestyle.)

[Swedish Food Agency: Food for you who are pregnant](#)

Vegetables and root vegetables

Eat all kinds, raw or heated. Heated for a short time, such as wok.

Fruits and berries

A moderate amount is three fruits, spread out over the day. In addition, you can eat fresh or dried unsweetened berries. Dried fruit should be eaten sparingly, as it contains a lot of sugar.

Beans, chickpeas, and lentils

Good choice, as they contain vegetable protein and a lot of fiber combined.

Potatoes, rice, pasta, barley, and quinoa

Whole grain pasta or bean pasta is fine. Food grains, wheat berries, and quinoa are other options. Whole grain rice, husked rice, pre-cooked rice is preferred to white rice.

Meat, fish, poultry, and eggs

Choose lean meat if possible. Be careful with hygiene when preparing chicken. Feel free to eat fish. You can read about fish you should be careful about eating on the [Swedish Food Agency's website](#). Feel free to eat eggs, but no more than 1–2/day.

Dairy products

You need about 3–5 dl of milk per day to satisfy the need for calcium and vitamin D during pregnancy. Yogurt and cheese are also fine. Spread your intake over the day as lactose can raise the blood sugar. Choose lean products.

Cooking fat

Choose liquid fats and oils such as liquid butter or olive oil

Nuts and seeds

Nuts and seeds contain good protein and fat. Feel free to use them in yogurt and bread.

Beverages

Preferably drink plain water or unsweetened sparkling water.

Sugar and sweeteners

If you want to sweeten coffee, tea, porridge, soured milk, or yoghurt, use energy-free sweeteners such as Aspartame, Acesulfame potassium, Saccharin, Cyclamate, and Steviol glycosides.

Sweet foods

Candy, cookies, and ice cream should be consumed rarely or preferably not at all. If the blood sugar is stable, you can occasionally treat yourself to a small cookie after meals or 3–4 small pieces of candy (preferably dark chocolate).

Meal distribution

Breakfast is advantageous if you can eat at home before going to work/school. Should contain plenty of fiber and plenty of protein. For example, wholemeal bread with spreads, eggs, quark yogurt, fiber oatmeal, olives and feta cheese, preferably also vegetables and/or some fruit. Then lunch and dinner and three snacks spread out over the day. The snacks should sufficiently support the blood sugar balance. They must be adapted to activity and week of pregnancy, e.g., months 1–3: 1 fruit, months 4–6: 1 filling* snack and 1–3 fruits spread out over the day, months 7–9: 2 filling snacks and 1–3 fruits spread out over the day.

Tea and coffee

Tea in free quantities, coffee up to 5 dl per day is fine. Preferably with milk, but without sugar/honey.

*For example: Natural yogurt with puffed quinoa and some berries/fruit. Fiber-rich crispbread with protein-rich spreads such as liver pâté or hummus mix.

Maternal Health Care Unit Region Stockholm, June 2022