

妊娠期糖尿病患者的健康饮食资讯

什么是妊娠期糖尿病？

妊娠期糖尿病发生于孕期,这是由于您的激素水平出现变化。糖尿病会使血液中葡萄糖(一种糖)水平过高。孕期血液中高于正常水平的葡萄糖会对胎儿产生不良的影响,例如胎儿过大、早产、生产时胎儿窘迫,及/或婴儿出生后出现血糖水平偏低的情况。

为何日常饮食对妊娠期糖尿病很重要？

遵循健康的饮食计划,可以帮助您:

- 为您和您发育中的胎儿提供足够营养
- 控制您的血糖水平
- 控制您孕期体重增长

为您和您的孩子提供足够营养

孕期很重要的要进食不同种类的健康食物,以满足您和胎儿的营养需求。我们给妊娠期糖尿病女性的饮食建议和所有怀孕女性的很相似,只是多加一些指引。

在您每日膳食中加入以下食物

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食物种类	每日摄取份数	单份示例
水果	2	1 个中等大小苹果、橙子 1 杯切块/罐头水果 2 个小杏子、李子 或只能偶尔食用: 1.5 汤匙葡萄干 半杯果汁
蔬菜	5	半杯煮熟的或 1 杯生/沙拉蔬菜
全谷物面包及早餐谷物	8 ½	1 片面包 半个中等大小餐包 ¼ 杯什锦麦片 ½ 杯煮熟燕麦粥 ⅔ 杯片状早餐谷物 ½ 杯煮熟的米饭、意大利面、面条、藜麦、大麦
牛奶、酸奶、芝士及其它奶制品	2 ½	1 杯牛奶 2 片芝士 200 克酸奶
瘦肉或其它蛋白质	3 ½	65 克煮熟的肉 80 克煮熟的鸡肉 100 克煮熟的鱼 2 个大鸡蛋 170 克豆腐 30 克坚果/种子 1 杯煮熟的豆类 例如扁豆和鹰嘴豆

限量 (少量食用):

- 高汞量鱼类, 每两周可食用 1 份(鲨鱼、剑鱼、枪鱼), 并且两周内不可食用其他鱼类。中汞量鱼类, 限每周食用 1 份(红罗非鱼、鲶鱼), 且同一周内不可食用其他鱼类。任何其他鱼类和海鲜可每周食用 2 到 3 次。
- 咖啡因--每天最多摄入 200 毫克(咖啡馆的咖啡含有 90-120 毫克/杯, 茶含有 10-50 毫克/杯). 在餐后到检测血糖之间的 2 个小时内, 避免饮用咖啡或茶。
- 含有高饱和脂肪、添加糖及添加盐的食品。

禁食 (不要食用):

- 酒精及李斯特菌及沙门氏菌高危食品如白色软奶酪、冷盘肉/熟食店肉类、成品沙拉、豆芽、生鸡蛋、餐馆成品肉类(猪肉、鸭肉)。

控制你的血糖水平

以下建议是帮助您控制血糖水平的一些准则。

当您通过饮食控制血糖时, 需要考虑 2 个关键因素:

1. 碳水化合物的种类
2. 碳水化合物的摄取量

碳水化合物是什么?

碳水化合物是:

- 食物中的淀粉和糖类。
- 在消化过程中分解成血糖。
- 存在于很多健康食品中并且为身体提供能量、纤维、维生素及矿物质。将这些食物纳入您的饮食非常重要。

食物种类	高碳水	低碳水
全谷物面包及早餐谷物	面包、意大利面、米饭、面条、早餐谷物、藜麦、大麦	
水果	所有水果包括干果及果汁	牛油果
蔬菜	土豆、红薯、山药、南瓜、玉米、豆类及扁豆、荸荠	所有其它煮熟及生食蔬菜
牛奶、酸奶、芝士及其它奶制品	奶类、豆奶、燕麦奶 酸奶	芝士 无增甜杏仁奶
瘦肉及其它蛋白质	豆类及扁豆	肉类、鸡肉、鱼、鸡蛋、豆腐、坚果及种子

香料及调味品如新鲜辣椒、大蒜、五香、咖喱粉及酱油都不含碳水化合物，仍可用于食物调味。

上述高碳水化合物食物都会直接影响您的血糖水平。您需要监控这类食物的种类和摄取量。低碳水化合物食物不会大幅影响您的血糖水平。

糖类

营养价值不高的碳水化合物食品包括桌用糖(白糖及原糖)、软饮料、甜果汁、蜂蜜、糖果、蛋糕、甜饼干、巧克力及红豆汤及炒菜酱汁例如海鲜酱、蚝油及四川酱。为了避免高血糖和您的基本健康，最好限制摄入此类食物。少量糖分，例如在热饮中加入一匙应该不会大幅升高您的血糖水平。

人工甜味剂

人工甜味剂含有少量或者不含碳水化合物。甜味剂包括阿斯巴甜(Equal) (951)、三氯蔗糖(Splenda) (955)和甜叶菊代糖剂(Stevia) (960)，并且人工增甜的食物中也含有甜味剂，例如无糖软饮料。在孕期可以代替糖类少量摄取，是安全的。

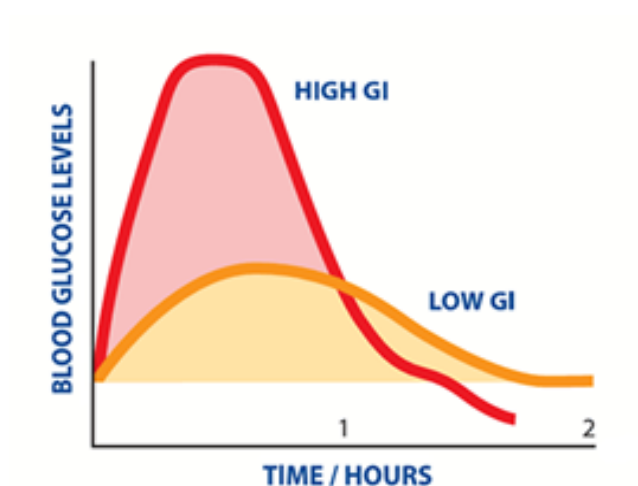
我应该吃哪种碳水化合物？

升糖指数是一种衡量碳水被消化并升高血糖速率的指标。

低升糖指数 (Low GI) 碳水会更缓慢得影响您的血糖

高升糖指数 (High GI) 碳水会更快速得影响您的血糖

下图显示了摄入高 GI 食物和低 GI 食物在两小时内对您的血糖水平的影响



选择低 GI 碳水化合物可以更好地控制您的糖尿病，帮助避免使用胰岛素。

使用下页表格找到低 GI 碳水选择。如果您经常选择高 GI 碳水类食物，您可以将其换成低 GI 碳水类食物。

碳水化合物食物	<input checked="" type="checkbox"/> 缓慢升糖食物 (低GI)	<input checked="" type="checkbox"/> 快速升糖食物 (高GI)
面包及谷类食物	<ul style="list-style-type: none"> ✓ 全谷粒面包 ✓ 老面面包 ✓ 水果谷粒面包 ✓ 低升糖指数 (Low GI) 白面包 ✓ 长粒米/印度米 (basmati) 粥 ✓ All Bran, Guardian, Special K ✓ Hi-Bran Weet-bix ✓ 未经烤制的什锦麦片 ✓ 卷燕麦/全燕麦(燕麦糊) 	<ul style="list-style-type: none"> x 白面包 x 全麦面包 x 白面粉 x 短粒米粥 x 玉米脆片 x 米泡 (Rice Bubbles), Coco-Pops x Froot loops x 即食燕麦(燕麦糊)
米饭 意大利面、面条及谷物	<ul style="list-style-type: none"> ✓ 长粒米 ✓ 印度米 (Basmati 糙米及白米) ✓ 野生稻米 ✓ SunRice低升糖米(白米及糙米) ✓ 小麦意大利面(白面及全麦面) ✓ 所有面条 ✓ 大麦 ✓ 藜麦 	<ul style="list-style-type: none"> x 茉莉香米 x 白米(短谷粒) x 糙米(短谷粒) x 马铃薯丸 x 小米
淀粉类蔬菜	<ul style="list-style-type: none"> ✓ 甘薯(橙色) ✓ 马铃薯(尼可拉Nicola) ✓ 马铃薯 (Carisma或baby Carisma) ✓ 芋头 ✓ 奶油南瓜 ✓ 玉米 ✓ 豆类例如小扁豆、烘豆 ✓ 栗子 	<ul style="list-style-type: none"> x 白色马铃薯、紫色甘薯 x 南瓜(除奶油南瓜外所有品种,)
水果	<ul style="list-style-type: none"> ✓ 梨子及水晶梨(Nashi) ✓ 火龙果、榴莲果 ✓ 西柚、柚子(大葡萄柚) ✓ 荔枝、龙眼(橄榄大小, 类似荔枝) ✓ 苹果、杏子、香蕉、浆果 ✓ 樱桃、葡萄、枣类 ✓ 橙子、猕猴桃、桔子、芒果 ✓ 油桃、桃子、李子 ✓ 菠萝 ✓ 椰子水 ✓ 天然果汁中的罐头水果(非糖浆浸泡) 	<ul style="list-style-type: none"> x 哈密瓜、西瓜 x 罐头水果(糖浆浸泡) <p>注意: 少量食用干果及果汁。新鲜水果是较好的选择。</p>
奶类及酸奶	<ul style="list-style-type: none"> ✓ 牛奶及酸奶 ✓ 豆奶及酸奶 ✓ 养乐多 (Yakult) 	<ul style="list-style-type: none"> x 甜炼乳 x 燕麦奶及米奶
饼干, 脆饼及额外食物	<ul style="list-style-type: none"> ✓ 全谷粒饼干: 维他韦9谷类食品 (Vita Weat 9 Grain™)、瑞维他多谷粒食品 (Ryvita Multigrain™) ✓ 亚诺精选小吃饼干 (Arnott's Snack Right™ biscuit fruit slice/pillow) ✓ 美禄/阿华田 ✓ 中式饺子 	<ul style="list-style-type: none"> x 脆米饼 x 精面咸饼干例如沙沃 (Savoy™)、水面饼干、梳打饼干 (salada) x 咸肉粽 x 原味甜饼干 x 红豆甜汤

我应该吃多少碳水化合物？

您每顿正餐和加餐都应该摄取碳水化合物。您每天应该吃 3 份适量的主餐及 3 份少量的加餐。

以下推荐的碳水化合物摄取量是为了满足孕期每日营养需要。食物中碳水化合物的数量以碳水化合物份数计算。只有高碳水化合物的食物才需要计算份数。

- 目标是要在每次正餐时摄取 3 份碳水化合物(45 克), 及在每次加餐时摄取 1-2 份碳水化合物 (15-30 克)。

使用一个量杯 (250ml) 去分量您的碳水食物会帮助能更好得计算您的碳水份量。

例如一杯煮好的米饭/意大利面=3 份碳水化合物。

碳水化合物食物	1 份 (15 克碳水化合物)	
面包及谷类食物	1 片面包/水果面包 ½ 单个餐包 1 个小晚餐面包 ½ 杯早餐谷类 1½ 块韦碧斯 (Weet Bix)	2 餐匙/¼ 杯原麦片/燕麦 ½ 杯熟燕麦
米饭、意大利面、面条及谷物	½ 杯熟米饭 ½ 杯熟面条	½ 杯熟白意大利面 ½ 杯熟大麦/藜麦
淀粉类蔬菜	1 个小马铃薯 ½ 杯土豆泥 ½ 杯甘薯 1 杯南瓜	½ 杯玉米粒 1 个小玉米棒子 ½ 杯罐装豆类/烘豆 ¾ 杯扁豆
水果	¼ 杯榴莲果(切丁) 1 个小火龙果 ½ 条大香蕉 ½ 杯葡萄 1½ 杯甜瓜/菠萝 1 杯浆果/樱桃 1 根小香蕉 6 粒荔枝 30 粒小龙眼 1 汤匙葡萄干 ¼ 个柚子 1 杯 (250 毫升) 椰子水	1 个中等大小苹果、橙、梨、桃子 3 个大杏子 ½ 个芒果 2 个小柑子/猕猴桃 25 粒小草莓 8 粒特大草莓 2 个中等大小油桃/李子 ½ 杯罐装水果(滤干) ½ 杯果汁 6 个杏子干/西梅干 1 个西柚 4 粒枣子
奶类	1 杯 (250 毫升) 奶 (全部种类)	
酸奶	200 克原味酸奶 (请记得查看酸奶营养成分表, 不同酸奶碳水化合物含量会有差异)	100 克水果酸奶 一瓶养乐多 (Yakult)
饼干, 脆饼及额外食品	2 块瑞维他 (Ryvita) 4 块维他韦 (Vita Weats) 3 杯空气爆米花 2 个中等大小的中式饺子(每个约 30 克) 5 粒烘栗子	6 块小沙拉打 (salada) / 沙沃 (savoy) 10 块脆米饼 2 块亚诺精选小吃饼干 (Arnott's Snack Right biscuits) ½ 个包子
面粉	2 汤匙全麦面粉	

样本餐单		
	选择 1	选择 2
早餐(3 份碳水)	- 粥 (鸡肉/猪肉/鸡蛋, 1 杯煮熟长粒米/印度米 (basmati))	- 2 片谷物面包/烤面包涂抹花生酱 - 250ml 低脂牛奶/豆奶
上午茶 (2 份碳水)	- 250ml 低脂牛奶 - 1 份水果	- 100g 果味酸奶/1 瓶养乐多 (yakult) - 1 份水果
午餐 (3 份碳水)	- 1 ½ 杯煮熟的面条 - 肉/鸡肉/鱼/鸡蛋/豆腐 - ½ 盘沙拉或非淀粉类蔬菜	- 1 杯煮熟的印度米 (Basmati) - 中式蛋饼(2 个鸡蛋、韭菜、辣椒、青葱、低盐酱油、麻油、胡椒) - ½ 盘炒芥兰或者其它非淀粉类蔬菜
下午茶(2 份碳水)	- 1 份水果 - 4 块 vita wheat 饼干抹花生酱或牛油果	- 1 份水果 - 1 个玉米棒子
晚餐 (3 份碳水)	- 番茄蛋汤或青菜汤 - 6 个中等大小中式饺子	- 1 ½ 杯煮熟的面条 - 肉/鸡肉/鱼/鸡蛋/豆腐 - ½ 盘沙拉或非淀粉类蔬菜
夜宵(1 份碳水)	- 15 个小臭豆腐	- 5 个烤栗子

在餐后到检测血糖之间的 2 小时, 请避免进食。

我可以喝些什么?

- 主要饮用清水、无调味矿泉水和苏打水。可以加入新鲜柠檬或青柠调味（如果要加入蜂蜜，一定要少量，例如一茶匙为最佳）
- 原味牛奶/豆奶可提供丰富钙质及蛋白质。
- 可以适量饮用的茶、中国茶、咖啡、无糖软饮及无糖果汁饮料。

请记得奶类饮品和椰子水中含有碳水化合物,所以需要把它计入您摄取的碳水化合物份数,包括您在茶或者咖啡里加入的奶。**如果我仍然觉得饿怎么办?**

如您仍觉肚饿,可以在正餐及加餐时加上额外的低碳水化合物食物:

- 非淀粉类蔬菜(参见第 2 页表格)
- 红肉、鸡肉、鱼类、豆腐,鸡蛋、坚果、植物种籽
- 奶酪
- 牛油果

如果我的血糖仍高怎么办?

有些情况下,即使您摄取正确种类和分量的碳水化合物,血糖仍然可能超标。如果出现这种情况,切勿避免摄取碳水,因为过于严苛的饮食限制会导致其它孕期并发症出现的几率升高。有些女性需要额外的帮助来控制血糖,她们可能需要胰岛素。如果您的血糖仍然超标,请与 Mercy 医院的糖尿病教育护士联系。

生产后

我会有得二型糖尿病的风险吗?

生产后,您的血糖通常会恢复正常。妊娠糖尿病病史是未来罹患二型糖尿病的风险因素。健康饮食、控制体重、规律运动及母乳喂养都可以减低患病风险。



如需进一步信息,请联络:

营养师

Mercy 妇女医院

电话 03 8458 4165

Werribee Mercy 医院

电话 03 8754 3150

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这份文件仅提供常规信息,不可替代专业医疗人员针对您健康状况给出的建议。如果您对自身的情况有任何疑问,应当向专业医疗人员寻求帮助。

Your important health information (Chinese)

Healthy eating for gestational diabetes

What is gestational diabetes?

Gestational diabetes occurs in pregnancy due to changes in your hormone levels. Diabetes makes the level of glucose (a type of sugar) in the blood too high. A higher than normal level of glucose in the blood while you are pregnant can cause problems for the baby, such as growing too large, early birth, distress during birth and/or low blood glucose levels after birth.

Why is your diet important in gestational diabetes?

Following a healthy eating plan will help you to:

- provide adequate nutrition for you and your growing baby
- manage your blood glucose levels
- manage weight gain during your pregnancy

Adequate nutrition for you and your baby

It is important to eat a variety of healthy foods to meet you and your baby's nutritional needs. The recommendations for women with gestational diabetes are similar to those for all pregnant women, with some additional guidelines.

Include the following foods in your diet each day

Food groups	Serves each day	Examples of one serve
Fruit	2	1 medium apple, orange 1 cup diced/canned fruit 2 small apricots , plums or only occasionally: 1 ½ tablespoons sultanas ½ cup fruit juice
Vegetables	5	½ cup cooked or 1 cup raw/salad vegetables
Wholegrain breads and cereals	8 ½	1 slice bread ½ medium roll ¼ cup muesli ½ cup cooked porridge ⅔ cup cereal flakes ½ cup cooked rice, pasta, noodles, quinoa, barley
Milk, yoghurt, cheese and alternatives	2 ½	1 cup milk 2 slices cheese 200g yoghurt
Lean meat or alternatives	3 ½	65g cooked meat 80g cooked chicken 100g cooked fish 2 large eggs 170g tofu 30g nuts/seeds 1 cup cooked legumes/beans such as lentils and chickpeas

Limit (eat in small amounts)

- High mercury fish (shark/flake, swordfish, broadbill, marlin) to one serve in two weeks with no other fish that fortnight. Limit moderate mercury fish (orange roughy, catfish) to one serve per week with no other fish that week. Any other fish or seafood can be eaten two to three times each week.
- Caffeine to 200mg/day (café coffee has 90-120mg/cup, tea has 10-50mg/cup). Coffee and tea should be avoided in the two hour period between eating and testing blood glucose levels.
- Foods that are high in saturated fat, added sugars and added salt.

Avoid (don't eat)

- Alcohol and high risk listeria and salmonella (bacteria) foods such as soft white cheeses, cold/deli meats, pre-prepared salads, bean sprouts, raw eggs, pre-prepared meats (pork, duck) in restaurants.

Managing your blood glucose levels

The following recommendations are guidelines to help manage your blood glucose levels.

There are 2 key factors to consider when managing your diabetes with diet:

1. Type of carbohydrate
2. Amount of carbohydrate

What are carbohydrates?

Carbohydrates are:

- starches and sugars found in foods.
- broken down to glucose during digestion.
- found in many healthy foods and provide the body with fuel (energy), fibre, vitamins and minerals. It is important to include these foods in your diet

Food group	High carbohydrate	Low carbohydrate
Wholegrain breads and cereals	Bread, pasta, rice, noodles, breakfast cereals, quinoa, barley	
Fruit	All fruit including dried fruit and juices	Avocado
Vegetables	Potato, sweet potato, yams, pumpkin, corn, legumes and lentils, water chestnuts	All other cooked and salad vegetables
Milk, yoghurt, cheese and alternatives	Dairy, soy, oat milks Yoghurt	Cheese Unsweetened almond milk
Lean meats or alternatives	Legumes and lentils	Meat, chicken, fish, eggs, tofu, nuts and seeds

Herbs and spices e.g. fresh chilli, garlic, five spice, curry powder and soy sauce do not contain carbohydrate and can still be used to flavour food.

The high carbohydrate foods above will directly affect your blood glucose levels. The type and amount of these foods needs to be monitored. The foods which are low in carbohydrate will not significantly affect your blood glucose levels.

Sugar

Carbohydrate foods that don't contain much nutrition include table sugar (white and raw), soft drinks, cordials, honey, lollies, cakes, sweet biscuits, chocolate and 紅豆沙 (red bean dessert soup). It is best to limit these foods. Stir fry sauces e.g. hoisin, oyster and Szechuan sauces should also be limited. Small amounts of sugar, e.g. one teaspoon in a hot drink, should not increase blood glucose levels much.

Artificial sweeteners

Artificial sweeteners contain either little or no carbohydrate. Sweeteners include Aspartame (Equal) (951), Sucralose (Splenda) (955) and Stevia (960) and are also found in artificially sweetened products such as diet soft drinks. They can be used in small amounts instead of sugar and are safe to have during pregnancy.

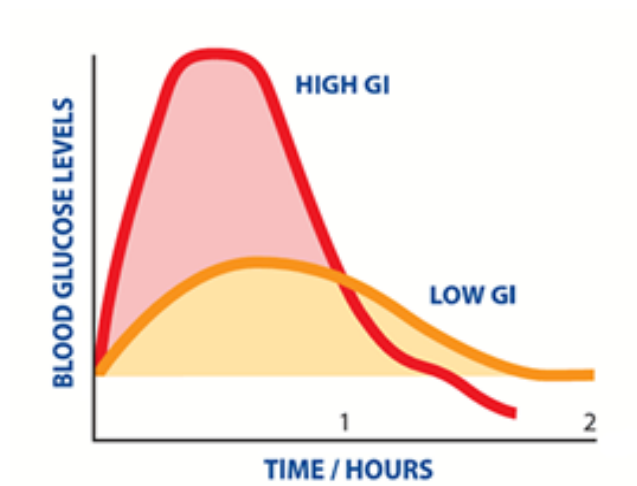
What type of carbohydrate foods should I eat?

The Glycaemic Index is a measure of how quickly or slowly a carbohydrate food digests and increases blood glucose levels.

A lower GI carbohydrate food will affect your blood glucose level more slowly

A higher GI carbohydrate food will affect your blood glucose level more quickly

The graph below shows how a high and low GI food affects your blood sugar level over a two hour period



Lower GI carbohydrates are the preferred choice for managing your diabetes and can help to avoid the need to use insulin.

Use the table on the next page to find low GI options. If you are frequently eating foods in the higher GI column, you can make a swap to an option in the low GI column.

Carbohydrate food	<input checked="" type="checkbox"/> Foods that raise blood glucose levels least (lower GI)	<input checked="" type="checkbox"/> Foods that raise blood glucose levels most (higher GI)
Bread and cereals	<ul style="list-style-type: none"> ✓ Wholegrain bread ✓ Sourdough bread ✓ Fruit and grain bread ✓ Low GI White bread ✓ Congee made with basmati/long grain rice ✓ All Bran, Guardian, Special K ✓ Hi-Bran Weet-Bix ✓ Untoasted muesli ✓ Rolled oats/traditional oats (porridge) 	<ul style="list-style-type: none"> X White bread X Wholemeal bread X White flour X Congee made with short grain rice X Cornflakes X Rice Bubbles, Coco-Pops X Froot loops X Instant oats (porridge)
Rice, Pasta, noodles and grains	<ul style="list-style-type: none"> ✓ Long grain rice ✓ Basmati rice (white and brown) ✓ Wild rice ✓ SunRice Low GI (white and brown) ✓ Wheat pasta (white and wholemeal) ✓ All noodles ✓ Barley ✓ Quinoa 	<ul style="list-style-type: none"> X Jasmine rice X White short grain rice X Brown short grain rice X Potato gnocchi X Millet
Starchy vegetables	<ul style="list-style-type: none"> ✓ Orange sweet potato ✓ Nicola potato ✓ Carisma and baby Carisma potato ✓ Yam ✓ Butternut pumpkin ✓ Corn ✓ Legumes, lentils, baked beans ✓ Chestnuts 	<ul style="list-style-type: none"> X White potato, purple sweet potato X Pumpkin (varieties other than butternut)
Fruit	<ul style="list-style-type: none"> ✓ Pear, nashi pear ✓ Dragon fruit, durian ✓ Grapefruit, pomelo (<i>Large grapefruit</i>) ✓ Lychees, longans (<i>olive size, like lychee</i>) ✓ Apple, apricots, banana, berries ✓ Cherries, grapes, dates ✓ Orange, kiwifruit, mandarin, mango ✓ Nectarine, peach, plum ✓ Pineapple ✓ Coconut water ✓ Tinned fruit in natural juice (not syrup) 	<ul style="list-style-type: none"> X Rockmelon, watermelon X Tinned fruit (in syrup) <p>Note: Consume only small amounts of dried fruit and fruit juice. Fresh fruit is preferable.</p>
Milk & yoghurt	<ul style="list-style-type: none"> ✓ Dairy milk and yoghurt ✓ Soy milk and yoghurt ✓ Yakult 	<ul style="list-style-type: none"> X Sweetened condensed milk X Oat and rice milk
Biscuits, crackers & extras	<ul style="list-style-type: none"> ✓ Wholegrain crackers e.g. Vita-Weat 9 grain, Ryvita multigrain ✓ Arnott's Snack Right biscuit fruit slice/pillow ✓ Milo/Ovaltine ✓ Chinese dumplings 	<ul style="list-style-type: none"> X Rice crackers X White savoury crackers e.g. Savoy, water crackers, Salada X Salted meat rice dumplings X Plain sweet biscuits X 紅豆沙 (red bean dessert soup)

What amount of carbohydrate should I eat?

You should eat carbohydrates at each meal and snack. You should eat three moderately sized meals and three small snacks each day.

The amount of carbohydrates recommended below is needed to meet your daily requirements in pregnancy. The amount of carbohydrate in food is counted in carbohydrate portions. Only high carbohydrate foods are counted in portions.

- **Aim to eat three portions of carbohydrate (45g) at each main meal and one to two portions of carbohydrate (15-30g) at each snack.**

Using a metric measuring cup (250ml) to serve your carbohydrate foods can help you count your carbohydrate portions correctly.

For example 1 cup cooked rice/pasta = 3 carbohydrate portions.

Carbohydrate food	One portion (15g carbohydrate)	
Breads and cereals	1 slice bread/fruit bread ½ bread roll 1 small dinner roll ½ cup breakfast cereal 1½ Weet-Bix	2 tablespoons/¼ cup raw muesli/oats ½ cup cooked oats
Rice, pasta, noodles and grains	⅓ cup cooked rice ½ cup cooked noodles	⅓ cup cooked white pasta ½ cup cooked barley/quinoa
Starchy vegetables	1 small potato ½ cup mashed potato ½ cup sweet potato 1 cup pumpkin	½ cup corn kernels 1 small corn cob ½ cup canned legumes/baked beans ¾ cup lentils
Fruit	¼ cup durian (diced) 1 small dragon fruit ½ large banana ½ cup grapes 1½ cups melon/pineapple 1 cup berries/cherries 1 small banana 6 lychees 30 small longans 1 tablespoon sultanas ¼ pomelo 1 cup (250 ml) coconut water	1 medium apple orange, pear, peach 3 large apricots ½ mango 2 small mandarins/kiwi fruit 25 small strawberries 8 extra-large strawberries 2 medium nectarines/plums ½ cup tinned fruit (drained) ½ cup fruit juice 6 dried apricots/prunes 1 grapefruit 4 dates
Milk	1 cup (250ml) milk(all types)	
Yoghurt	200g plain yoghurt (always check yoghurt labels as the carbohydrate content may vary)	100g fruit yoghurt 1 bottle yakult
Biscuits, crackers and extras	2 Ryvita 4 Vita-Weats 3 cups air popped popcorn 2 (30g each) medium Chinese dumplings 5 kernels roasted chestnuts	6 small Salada/Savoy 10 rice crackers 2 Arnott's Snack Right biscuits ½ Bao bun
Flour	2 tablespoons wholemeal flour	

Sample meal plans		
	Option 1	Option 2
Breakfast (3 portions carbohydrate)	Congee: chicken/pork/egg, + 1 cup cooked long grain/basmati rice	2 slices grain bread/toast with peanut butter/avocado + 250ml milk/soy milk
Morning snack (2 portions carbohydrate)	250ml milk +1 portion fruit	100g fruit yoghurt/1 bottle yakult + 1 portion fruit
Lunch (3 portions carbohydrate)	Meat/chicken/fish/egg/tofu + 1 ½ cups cooked noodles + ½ plate salad or non- starchy vegetables	Chinese egg omelette: 2 eggs + Chinese chives, chilli, shallots, light soy sauce, sesame oil, pepper + 1 cup cooked Basmati rice + ½ plate stir fried Chinese broccoli or other non-starchy vegetables
Afternoon snack (2 portions carbohydrate)	1 portion fruit + 4 vita weat crackers with peanut butter or avocado	1 portion fruit + 1 small corn cob
Dinner (3 portions carbohydrate)	Tomato and egg soup or Shanghai greens soup + 6 medium Chinese dumplings	Meat/chicken/fish/egg/tofu + 1 ½ cups cooked noodles + ½ plate salad or non- starchy vegetables
Evening snack (1 portion carbohydrate)	15 small pieces chou dofu (stinky tofu)	5 roasted chestnuts

Avoid eating in the two hour period between your meal and blood glucose test.

What can I drink?

- Drink mainly water, plain mineral water and soda water. Add fresh lemon or lime for flavour (if also adding honey remember small amounts, e.g. one teaspoon, are best)
- Plain milk/soy milk provides a good source of calcium and protein. Remember that milk and coconut water contain carbohydrates and need to be included in your carbohydrate portions.
- Tea, Chinese tea, coffee, diet soft drink and diet cordials can be consumed in moderation.

What if I still feel hungry?

If you still feel hungry add extra foods that are low in carbohydrate to your meals and snacks:

- Non-starchy vegetables (refer to the table on page 2)
- Meat, chicken, fish, tofu, eggs, nuts, seeds
- Cheese
- Avocado

What if my blood sugars are still high?

In some instances you may be eating the right amount and type of carbohydrate but will still have high blood glucose levels. If this occurs it is important not to avoid carbohydrates as severe dietary restriction may result in an increased risk of pregnancy complications. Some women need extra help to manage their blood glucose levels and may require insulin. Please contact the Mercy diabetes educators if your blood glucose levels are high.

After your pregnancy

Am I at risk of developing Type 2 diabetes?

Your blood glucose levels will usually return to normal after the birth of your baby. Gestational diabetes is a risk factor for developing Type 2 diabetes later in life. Eating healthy foods, controlling body weight, regular exercise and breastfeeding can reduce this risk.



For Further Information contact:

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