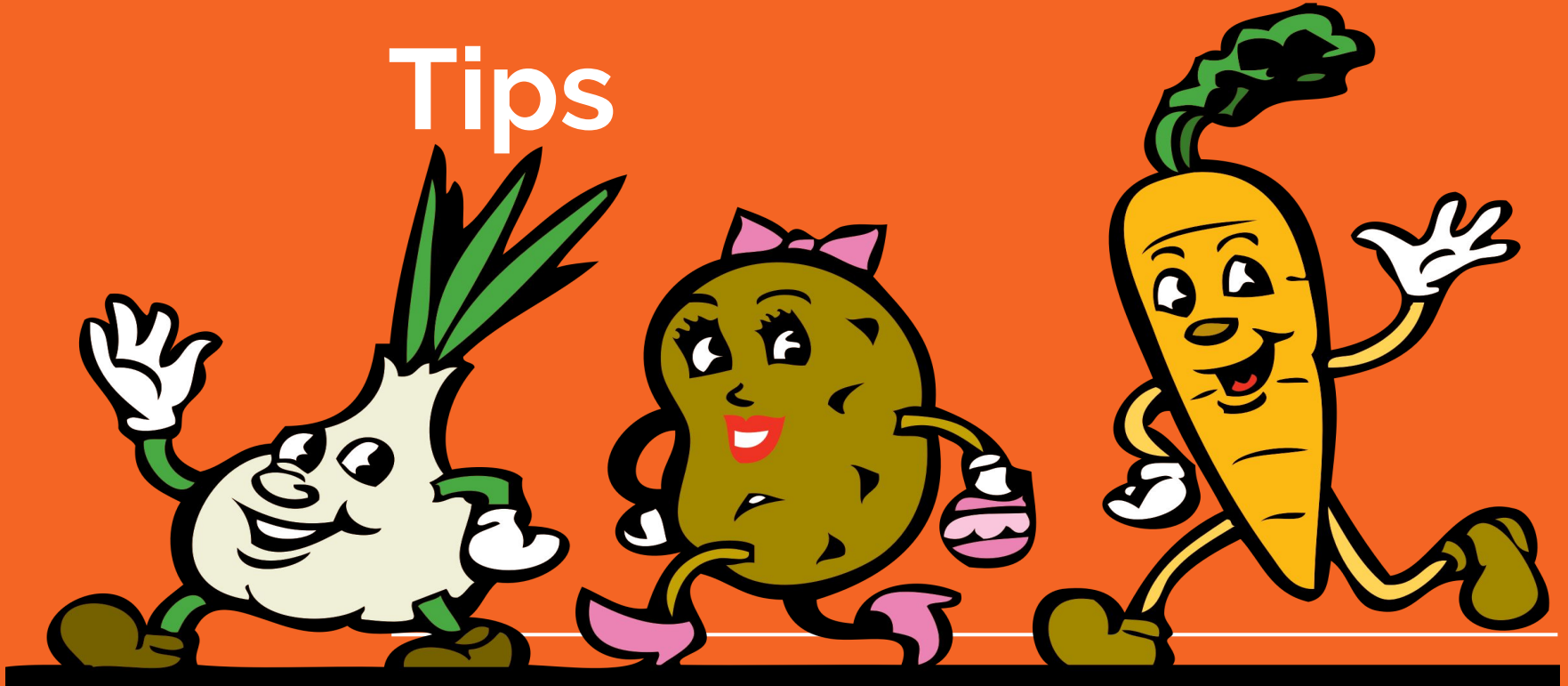

Nutrition Tips



-
- ❑ Our bodies get energy from 3 different sources;
 - Carbohydrates
 - Fats
 - Proteins

**EACH OF THESE SOURCES IMPACT YOUR BLOOD SUGAR
DIFFERENTLY**

CARBOHYDRATES

- These are the foods that have the greatest impact on blood sugar
 - Carbohydrates are the **ONLY** source that significantly raises blood sugar
 - **For this reason CARBOHYDRATES are the nutrient we watch most closely in women with Gestational Diabetes**
-

Foods High in Carbohydrates

- Breads
 - Pastas
 - Cereals
 - Crackers
 - Starchy Vegetables; potatoes, sweet potatoes, winter squash, peas & corn
-

Carbohydrate Portions

“Counting Carbs”

The easiest way to understand how carbohydrates are impacting your blood sugar is to measure them.

The “portion” method is a widely used helpful tool for monitoring carbohydrates

One portion equals 15 grams of carbohydrate

15 grams of carbohydrate

- ★ 1 slice of bread
 - ★ 1 small (6 inch) tortilla
 - ★ ½ cup of cereal
 - ★ ½ cup of cooked pasta
 - ★ ½ cup of cooked rice
 - ★ ½ cup of cooked oatmeal
 - ★ 1 cup of milk
 - ★ ½ cup of fresh fruit
 - ★ 1 cup of berries
-

Counting Carbohydrates

Food Labels are a very helpful tool to help determine the amount of carbohydrate in foods.

- **ALWAYS CHECK THE SERVING SIZE**
 - Check the total carbohydrate
 - Check the dietary fibre
 - Check the protein content
-

Sample Label for
Macaroni and Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Start Here

Limit these
Nutrients

Get Enough
of these
Nutrients

Footnote

Quick Guide
to % DV

5% or less
is low
20% or more
is high

Foods that do not raise your Blood Sugar

- ★ **VEGETABLES**
 - ★ **FATS & PROTEINS**
-

Non Starchy Vegetables

- Artichokes
 - Asparagus
 - Peppers
 - Broccoli
 - Celery
 - Cucumbers
 - Tomatoes
 - Greens
 - Summer squash, zucchini
-

Fats & Proteins

Foods that are mostly made up of proteins and fat do not raise blood sugar

These nutrients help to stabilize blood sugar

Fat & Protein Sources

- Meats; Beef, Poultry, Pork
 - Fish & Seafood
 - Eggs & Dairy
 - Nuts & Seeds
-

The Plate Method

The plate method is a way to visually portion out your meals without strictly measuring portions

It can be helpful in situations where you may not have access to a food label

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- One half of your plate should be composed of **non-starchy** vegetables
 - One quarter of your plate **lean** proteins
 - One quarter of your plate from carbohydrates
(generally no more than 1 cup or 30 grams of carbohydrates at one sitting)
-

