Tips for Pregnancy

Gestational Diabetes Meal Planner

If you have gestational diabetes, it is important to keep your blood sugar levels balanced. Choosing meals and snacks with a mix of nutrients like fiber, protein and fat can help you do this.

Choose Carbohydrates Wisely

Carbohydrates are part of a balanced diet, but some affect your blood sugar levels more than others. Carbohydrates rich in fiber, like vegetables and whole grains, help to slow digestion and prevent your blood sugar levels from rising too high.

Use the lists below to help choose carbohydrates on your next grocery trip.



Eat **more** of these

Non-starchy vegetables

- ☐ Artichokes
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Beets
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chayote
- ☐ Collard greens
- ☐ Cucumbers
- ☐ Daikon
- ☐ Eggplant
- ☐ Green beans
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Okra
- ☐ Onions
- ☐ Peppers
- ☐ Radishes
- ☐ Spinach
- ☐ Swiss chard
- ☐ Tomatoes
- ☐ Turnips
- ☐ Water chestnuts



Eat **some** of these

Starchy vegetables

- ☐ Corn
- ☐ Potatoes

Legumes

- ☐ Beans
- ☐ Peas
- ☐ Lentils

Dairy and dairy alternatives

- ☐ Milk
- ☐ Yogurt

Fruits

- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Grapes

Whole grains

- ☐ Barley
- ☐ Brown, black, wild rice
- ☐ Cereals (With 3 or more grams of fiber per serving)
- ☐ Corn meal, corn masa flour
- ☐ Farro
- ☐ Millet
- ☐ Oats
- ☐ Popcorn
- ☐ Quinoa, amaranth
- ☐ Whole wheat bread, buns, rolls, bagels
- ☐ Whole wheat or corn tortillas
- ☐ Whole wheat pasta



Eat **less** of these

Refined grains

- ☐ Couscous
- ☐ Flour tortillas
- ☐ Gnocchi
- ☐ Grits
- ☐ White bread
- ☐ White pasta
- ☐ White rice

Highly processed foods

- ☐ Cake
- ☐ Candy
- ☐ Cereals (Less than 3 grams of fiber per serving)
- ☐ Chips
- ☐ Crackers
- ☐ Cookies

Drinks

- ☐ Fruit juice
- ☐ Soda
- ☐ Sweet tea and other sweetened drinks

Sweets

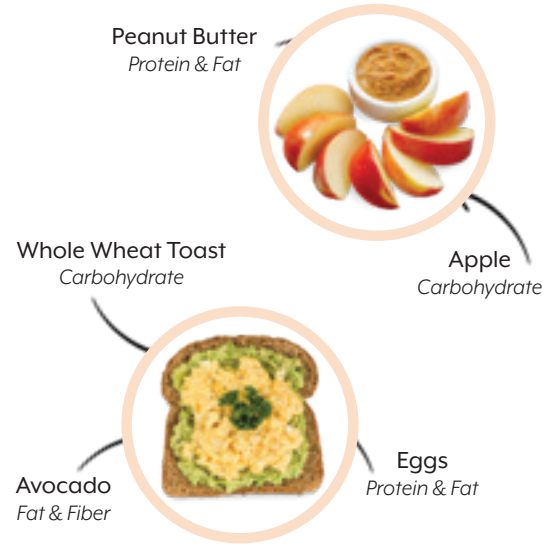
- ☐ Honey
- ☐ Ice cream
- ☐ Jams
- ☐ Syrup

Pair Your Carbohydrates

Pairing carbohydrates with protein and fat also helps to keep blood sugar levels balanced. Protein and fat slow digestion and keep you full for longer.

Use the lists below to help you choose your proteins and fats for this week's meals.

Check out these examples



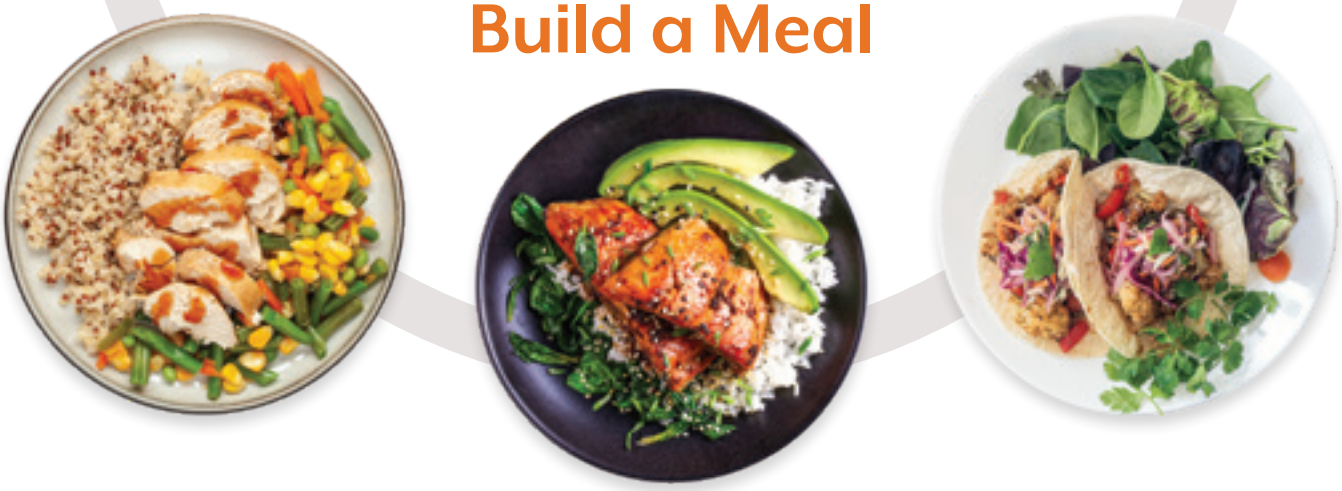
Protein

- ☐ Beef
- ☐ Eggs
- ☐ Dairy (milk, cheese and yogurt)
- ☐ Poultry
- ☐ Pork
- ☐ Organ meats, like liver
- ☐ Seafood
- ☐ Seeds
- ☐ Tempeh
- ☐ Tofu
- ☐ Beans
- ☐ Edamame
- ☐ Lentils
- ☐ Nuts and nut butters
- ☐ Protein-rich dairy alternatives (soy, pea-protein milk)
- ☐ Protein-rich meat alternatives

Fat

- ☐ Avocados
- ☐ Fatty fish like salmon, tuna and trout
- ☐ Full-fat dairy
- ☐ Nuts and nut butters
- ☐ Oils
- ☐ Seeds
- ☐ Butter and ghee
- ☐ Coconut and coconut cream

Build a Meal



Proteins

You can choose from animal and plant-based proteins. **Aim to make ¼ of your meal proteins.** Proteins help keep blood sugar balanced.

Starchy Carbohydrates

These are foods from the "**Eat some of these**" list. **Aim to make ¼ of your meal starchy carbohydrates.** These foods have lots of nutrients, but eating too much may make your blood sugar high.

Non-starchy Vegetables

These are foods from the "**Eat more of these**" list. **Aim to make ½ of your meal non-starchy vegetables.** These foods are high in nutrients and do not raise your blood sugar too high.

Fats

Include some fats in your meals. Fats help keep blood sugar balanced.

Try These Mealtime Tips

Making small changes can keep you and your baby healthy. You got this!



Keep mealtimes consistent. Try to spread your meals throughout the day and eat them around the same time. For example: three small meals and two or three snacks.



Eat fewer carbohydrates at breakfast. Carbohydrates at breakfast affect blood sugar levels more than other meals. Fill more of your plate with protein, fats or fiber.



Walk after eating a meal. A quick walk after you finish a meal can help balance your blood sugar.

When you have questions or concerns about your blood sugar, check in with your healthcare provider, WIC nutritionist or dietitian.

Scan the QR code to learn more about gestational diabetes and how to take care of yourself during pregnancy.

TEXAS Health and Human Services | TEXAS WIC

This institution is an equal opportunity provider.

© 2026 All rights reserved. Stock no. 13-06-16850 8/26