



*
1 serving
should fit
in the palm
of your
hand

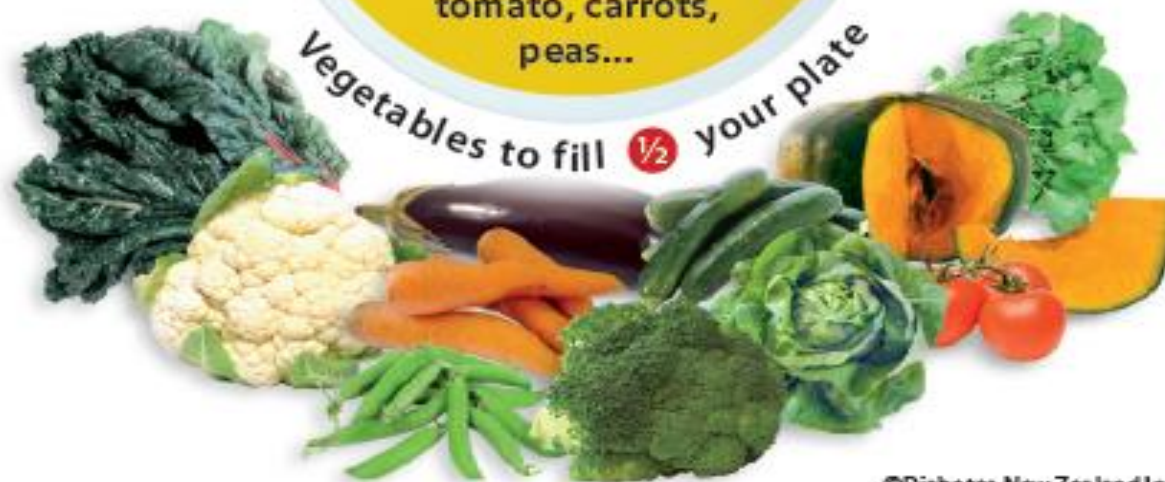
Diabetes New Zealand Healthy Plate

1/4 of your plate or
1 serving* should
be protein



1/4 of your plate or
1 serving* should
be carbohydrate

Vegetables to fill 1/2 your plate



Self Management Routine

Fasting blood sugar:

Breakfast *Time*

2 hours post-breakfast blood sugar:

Morning Tea *Time*

Lunch *Time*

2 hours post-lunch blood sugar:

Afternoon Tea *Time*




Dinner *Time*

2 hour post-dinner sugar:

Supper *Time*

Healthy Eating: Diabetes in Pregnancy

Healthy Sample Meal Plan (for Diabetes in Pregnancy)

Breakfast	<p>Choose <u>one</u> of these carbohydrate options</p> <ul style="list-style-type: none"> 1 cup cooked porridge + milk 1 cup Special K or Just Right or Light n Tasty + milk 3 Weet-Bix or Vita-Brits + milk ½ cup muesli + milk 2-3 slices wholegrain bread (sandwich slice) 1 cup cooked rice/noodles + lean meat + vegetables 	
Morning tea	Choose 1-2 options from the snack list * below	
Lunch	<p>Can be a sandwich or something cooked</p> <p>Choose <u>one</u> of these carbohydrate options (¼ of your plate)</p> <ul style="list-style-type: none"> 2 - 3 wholegrain bread (sandwich slice) 1 - 2 wholegrain bread (sandwich slice) and ½ cup baked beans 1 wrap or 1 medium pita bread Soup with 1 - 2 slices wholegrain bread (if soup has lots of potatoes or pasta or rice in it, limit bread to 1 slice) 1 fist sized piece of potato, kumara or taro 1 cup cooked pasta, basmati rice or noodles 2 - 3 small thin roti or 1 chapatti 3 - 4 small steamed buns or 1 large steamed bun or 7 - 8 small steamed dumplings / dim sim 1 small green banana <p>AND one of these protein foods (¼ of your plate): Lean meat /skinless chicken/fish/low-fat cheese/eggs/beans/lentils (including dahl)/tofu</p> <p>AND plenty of vegetables or salad (½ of your plate): Fresh, frozen or tinned non-starchy vegetables – see the 'Eat Freely' list</p>	
Afternoon Tea	Choose 1 - 2 options from the snack list * below	
Dinner	Options are the same as Lunch	
Supper snack	Choose <u>one</u> of these options	
	<p>Best snacks at supper are:</p> <ul style="list-style-type: none"> A glass of milk or A pottle of yoghurt or A slice of grainy bread or 2 - 4 wholegrain crackers 	
Snack List *	<p>Choose 1 - 2 options from this list:</p> <ul style="list-style-type: none"> 1 pottle lite fruit yoghurt or low-fat Natural / Greek yoghurt 1 glass of milk 2 - 4 wholegrain crackers with topping 1 medium piece of fruit (handful) 1 cup berry fruit 1 bobby banana 1 slice Burgen mixed fruit bread 1 slice of wholegrain bread 1 cup plain popcorn 	
Drinks	<p>At least 9 cups of fluid each day</p> <p>Water is your best choice. Milk, low sugar cordials, green / fruit / peppermint tea, diet / zero / sugar free drinks can be incorporated into your meal plan to add variety. Avoid alcohol and minimise caffeine containing drinks (tea/ coffee/diet coke / coke zero).</p>	

Foods to Eat freely (½ of your plate)

These foods do not contain a lot of carbohydrate, so they do not increase your blood glucose levels.

They are an excellent source of fibre, vitamins, minerals and antioxidants essential for good health and can help to fill you up.

Guideline: Choose a variety of different coloured vegetables daily

Vegetables

Alfalfa sprouts

Asparagus



Bamboo shoots

Bean sprouts

Beans – green and butter

Bok Choy



Broccoli

Brussel sprouts

Cabbage



Capsicum – green, red, yellow

Carrot



Cauliflower

Celery

Cucumber

Egg plant (Aubergine)



Frozen mixed vegetables

Gherkins / Pickles

Kim Chi

Leeks



Lettuce

Marrow



Mushrooms

Onions



Peas

Puha

Pumpkin

Radish



Silverbeet

Snowpeas

Spinach



Spring onions

Swede

Taro leaves

Tomato



Turnip

Watercress

Zucchini (Courgettes)



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Foods to Avoid

Food high in fat, especially saturated fat

- Fatty meat, fried foods, takeaways, chips, batter, pastry
- Pies, sausage rolls, croissants
- Cream, coconut cream
- Crisps, Cheezels, Twisties
- Dripping, Lard, Ghee
- High fat salad dressings, mayonnaise, and sauces

These foods can make you put on too much weight during your pregnancy

Use small amounts of all fats and oils

Use only a little margarine on bread

Food high in sugar

- Sugar - all types white, brown, raw or cane
- Honey, jam, marmalade
- Glucose, golden syrup, treacle
- Cakes, sweet biscuits, sweet pies, muesli bars, roll ups, pastries
- Sweet breakfast cereals
- Fruit cooked or canned with added sugar
- Ice cream, jelly, ice cream toppings
- Lollies, chocolate, carob, chewing gum
- Quik, sweetened condensed milk, flavoured milk, milkshakes
- Fruit juice, cordials, flavoured mineral water
- Sport and energy drinks e.g. 'V', Red Bull, Lift Plus, G Force
- Sweetened soft drinks e.g. Coca Cola, Sprite, Fanta

Large amounts of sugar may affect blood glucose levels

These foods may also be high in fat and energy and offer very little nutritional value

To add flavour to your food

Garlic

Marmite / Vegemite ♦

Herbs and spices

Low calorie salad dressings

Root ginger

Soy sauce ♦

Mustard

Tomato Sauce / Paste ♦

Lemon Juice

Vinegar

Lime Juice

Worcester Sauce ♦

N.B.: ♦ These foods can contain a significant amount of salt or sodium. Use in small amounts.

Drink plenty of fluids every day

Aim for 9 cups of fluid each day

- Soda water
- Milk
- Clear Soups
- Tea/coffee
- Low calorie drinks containing recommended sweeteners – see below

**Water
is best!**



Artificial sweeteners

If using artificial sweeteners use only:

- Aspartame (951) called Nutrasweet / Equal
- Sucralose (955) called Splenda
- Acesulfame K (950)
- Stevia (960) PureVia, Sweete

Avoid: Saccharin (954) and Cyclamate (952) sweeteners in pregnancy.

There isn't enough information regarding how safe they are to use in pregnancy.

Important things to remember

Eat Healthy

- Healthy carbohydrates are essential during pregnancy for you and the baby (see Healthy Sample Meal Plan for ideas)
- Have healthy snacks between each meal and remember to eat supper
- Do not drink alcohol while you are pregnant
- Prepare meals using the healthy plate picture

Be consistent

- Eat 3 meals each day and 3 snacks per day
 - Eat your meals and snacks at about the same time each day
 - Do not miss any meals, especially breakfast
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Resources

Eating for Healthy Pregnant Women - MoH HE1805
Food Safety in Pregnancy – www.foodsafety.govt.nz