

Gestational Diabetes

Food List

Produce

- Arugula
- Asparagus
- Avocado
- Blackberries
- Blueberries
- Broccoli
- Brussels sprouts
- Carrots
- Chard
- Celery
- Corn
- Cucumbers
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peas
- Peppers
- Plantains
- Raspberries
- Spinach
- Strawberries
- Sweet potatoes
- Zucchini

Meat

- Chicken
- Turkey
- Salmon
- Anchovies
- Herring
- Cod
- Shrimp
- Tofu



Dairy

- Eggs
- Non-dairy milk
- Greek yogurt
- Cottage cheese

Snacks

- Nuts
- Chia, flax, etc. Seeds
- Edamame
- Pumpkin seeds
- Nut butter

Beverages

- Water
- Herbal Tea

Prepared Food

Condiments

- Olive oil
- Spices/herbs

- Black beans
- Brown rice
- Buckwheat
- Garbanzo beans
- Oats
- Pinto beans
- Pumpkin puree
- Quinoa
- Whole-wheat bread