

optimal foods for gestational diabetes

These foods provide more of the harder to find nutrients based on the adjusted recommended daily intake levels for pregnant women (i.e. glycine, choline, omega 3, vitamin D, calcium, vitamin E, magnesium, potassium, thiamine, zinc, pantothenic acid and niacin) while also having a lower insulin load to help maintain healthy blood glucose and insulin levels. From a macronutrient perspective, these foods are 27% protein, 56% fat and 8% net carbohydrates with a higher energy density of 257 calories per 100g which will help the mother to ingest enough energy.

vegetables

- parsley
- lettuce
- arugula
- collards
- Chinese cabbage
- turnip greens
- chives
- mustard greens
- asparagus
- zucchini
- chard
- pickles
- cucumber
- sauerkraut
- watercress
- okra
- jalapeno peppers
- banana pepper
- broccoli
- radishes
- celery
- eggplant
- cauliflower
- summer squash
- edamame
- chayote
- red peppers
- artichokes
- snap beans
- soybeans
- mushrooms
- turnips
- cabbage
- yeast extract spread
- Brussel sprouts
- seaweed (kelp)
- shiitake mushroom
- seaweed (laver)

spices

- basil
- curry powder
- paprika
- sage
- marjoram
- thyme
- poppy seeds
- caraway seed
- dill
- cloves
- mustard seed
- cumin
- dill seed
- cinnamon

fruit

- avocado
- olives
- blackberries
- raspberries

nuts, seeds & legumes

- flax seed
- tofu
- coconut milk
- sunflower seeds
- sesame seeds
- coconut cream
- pumpkin seeds
- coconut meat
- brazil nuts
- pecans
- macadamia nuts
- hazelnuts
- pine nuts
- almonds
- walnuts
- butternuts
- peanuts

offal

- liver
- kidney
- heart

animal products

- egg yolk
- whole egg
- cream
- sour cream
- bacon
- cream cheese
- butter
- turkey
- meatballs
- duck
- pork ribs
- cheddar cheese
- lamb
- turkey
- steak
- ham
- beef ribs
- Swiss cheese
- chicken
- ground beef
- pork

seafood

- caviar
- mackerel
- fish roe
- trout
- sardine
- sturgeon
- herring
- oysters
- salmon
- anchovy
- mussel