

Gestational Diabetes Meal, Snack and Drink Swaps

Please see below some meal swap ideas to help you reduce your carbohydrate intake, choose the slower release types of carbohydrates and balance your meals to keep blood glucose levels well controlled during pregnancy.

Breakfast

Usual breakfast – white toast with butter and honey or jam

Swap to – wholegrain toast x1-2 slices with protein topping e.g. scrambled/poached eggs x2 or no added sugar peanut butter

Usual breakfast – granola and milk

Swap to – plain porridge x1 sachet/50g oats or weetabix x2 and milk

Usual breakfast – flavoured yoghurt and banana

Swap to – natural yoghurt 150g and a handful of berries

Lunch

Usual lunch – tinned tomato soup and baguette

Swap to – lentil soup and round oatcakes x3-4

Usual lunch – white bread sandwich and crisps

Swap to – wholegrain bread (x2 slices) sandwich and side salad

Usual lunch – crackers and cheese

Swap to – x4-6 round oatcakes and cheese and vegetable sticks and dip e.g. hummus

Evening Meal

Usual evening meal – spaghetti bolognese and garlic bread

Swap to – smaller portion of wholegrain spaghetti (150g cooked or less), bolognese with extra portion of vegetables

Usual evening meal – burger, bun and chips

Swap to – burger, sweet potato wedges (x1 medium sweet potato) and salad

Usual evening meal – curry, rice and naan bread

Swap to – curry with extra portion of vegetables and smaller portion of basmati or brown rice (150g cooked or less)

Snacks

Usual snack – crisps

Swap to – unsalted nuts (30g or less) or plain popcorn (20g)

Usual snack – chocolate

Swap to – small handful of fruit

Usual snack – ice cream

Swap to – natural or diet yogurt 150g or sugar free jelly pot

Usual snack – chocolate digestives

Swap for – rich tea x1-2

Drinks

Usual drink – full sugar fizzy drinks

Swap for – diet fizzy drinks

Usual drink – fresh fruit juice or smoothie

Swap for – no added sugar squash

Usual drink – latte or hot chocolate

Swap for – cup of tea or coffee with milk