

Name: _____

Gestational Diabetes Glucose Log

Date	Fasting Goal: 60-90	2 hours after breakfast Goal 60-120	2 hours after lunch Goal 60-120	2 hours after dinner Goal 60-120	Notes Food Log

Please bring this to each appointment so the doctor can review. If you need more copies you can print from our website. Feel free to email these in as well to office@manhattanwomenshealth.net

Diabetes: Plate Method

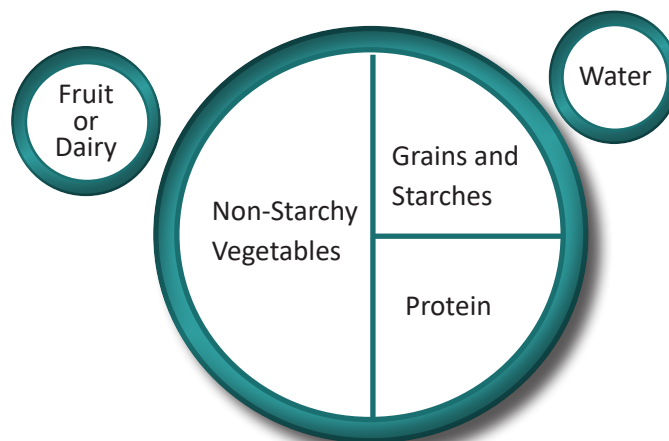
*Living with diabetes means taking extra care when preparing your meals.
The Plate Method can help you with portion control and making healthy choices.*

Divide your plate into sections:

- ½ Non-starchy vegetables
- ¼ Protein
- ¼ Grains and starches

Add:

- Serving of fruit or dairy
- Water to drink



Vegetables	Protein	Grains	Fruits	Dairy
Eat more of these: • Spinach • Carrots • Broccoli • Green beans • Beets • Cabbage • Celery • Cucumbers • Onions • Peppers • Zucchini • Cauliflower • Mushrooms • Salad Greens Eat less of these: • Potatoes • Sweet potatoes • Yams • Peas • Corn • Squash	• Fish • Poultry • Lean Meat • Ham • Tuna • Seafood • Cheese • Eggs • Nuts • Tofu • Almond Butter • Peanut Butter • Hummus • Black Beans • Pinto Beans	Choose 100% whole grains. • Whole wheat bread • Whole grain tortilla • Rice (<i>small portion</i>) • Pasta (<i>small portion</i>) • Popcorn • Whole oatmeal • Flour	Eat small portions of fruit at a time. • Apples • Bananas • Blueberries • Cherries • Grapefruit • Grapes • Kiwi • Strawberries • Raspberries • Pineapple • Mango Do not drink fruit juice.	• Fat Free Milk • Low Fat Milk • Almond Milk • Soy Milk • Non-Fat Light Yogurt • Plain Non-Fat Yogurt
Fats and Oils	Avocado and fish have healthy fats. Use healthy plant oils like canola, sunflower and olive oil for cooking. Avoid solid fats, such as lard, shortening & butter.			