



GDM Nutrition - Intro

Dr. Anne-Sophie Brazeau, McGill University

When we talk about nutrition and gestational diabetes there is one concept that you need to understand: it's not different from a healthy way of eating. It's about eating the right foods in the right moment in right portion size.

And the food you're eating are carbohydrates, proteins and fats. That's what composes the food you're eating. And yes it's true carbohydrates are the main component that brings your blood sugar up. But this doesn't mean that you shouldn't be eating *any* carbohydrates. This means that you should be eating the right ones, the one that are also high in fibre. That will help not to really raise your blood sugar too much. And you need to combine that with good proteins and good fats.

So overall the idea is that your plate should be a *healthy plate*, the one that we recommend for everyone.

1. About half your plate will be vegetables: non starchy vegetables, the green ones, the leafy ones.
2. One quarter of your of your plate will be starches. So that could be brown rice. That could be brown pasta. We need as much whole grain as possible
3. There is still one quarter left and that's the protein. It's important to have protein at each meal. It can be either animal - lean meat, poultry, fish - or it could also be some plant protein.