



Meal and Snack Timing

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If you have gestational diabetes your body will not be able to produce enough insulin if you eat large meals. This is why you need to eat three meals and three snacks. It doesn't mean that you have to increase the food you are eating. Only that you have to distribute the meals and the food throughout the day to help your body to produce insulin in an efficient way.

You don't want to skip meals because that you need energy for yourself and your baby. For a breakfast, for example, eating one whole grain toast is enough to fulfill your carbohydrate needs. As for lunch and dinner, you should follow the *healthy plate*. It will be very helpful in guiding you to select the right portion sizes and types of food to eat.

Finally for snacks you have to pair a healthy protein with a with a smart carbohydrate. This will help you to always feel full and this will prevent you from feeling hungry in between the meals and also prevent you from overeating.