



GDM Nutrition - Proteins

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The food you're eating are made of carbohydrates, of fat and, of proteins. Proteins are very important - they help to build your muscles - and so you need to have some protein at each meal and snack. That's really important, sometimes for breakfast we forget to have enough protein. So think about having a source of protein each time you are also having carbohydrates because the mix of them is beneficial for your blood sugar.

Good kind of proteins are lean meats - if you are having meat you can remove the visible fat. You can also try to have some plant proteins. Remember if you're having lentils or pulses, they are also a source of carbohydrates. So you need to consider the carbohydrate content of those proteins as well.