

Diabetes in Pregnancy



DIP-Project
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group
"Lombardy Region"

Diet for expectant mothers





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DIET FOR EXPECTANT MOTHERS

BREAKFAST 8:00/8:30 a.m.



- 1 cup of partly skimmed, unsweetened milk (..... ml)
- barley coffee to taste
- 4 whole wheat rusks. Instead of them you can consume:
 - n..... whole wheat crackers (..... g)
 - n..... whole wheat sandwich (..... g)
 - n..... whole wheat biscuits (..... g)

ALTERNATIVE BREAKFASTS

Alternative 1



- n..... natural whole milk yogurt
- n..... tablespoon of cereal flakes

Alternative 2



- 1 cup of unsweetened tea
- 1 whole wheat sandwich g +
- ricotta cheese made from cow's milk g

Alternative to sandwich and ricotta cheese

- n..... whole wheat crackers g

Alternative 3



- 1 cup of unsweetened soy milk ml
- n..... whole wheat rusks g

SNACKS 10:30 a.m. - 4:30 p.m. - 10:30 p.m. • 1 serving of fresh fruit

..... g choice of all



..... g choice of all

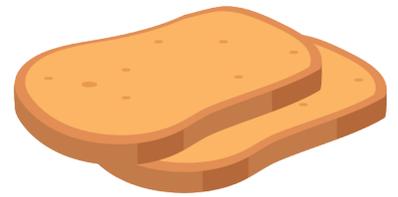


..... g



In addition to the portion of fresh fruit, the snack includes:

- n..... whole wheat rusks. In their place you can have:
 - n..... whole wheat crackersg
 - n..... corn/rice crackersg



Alternative 1



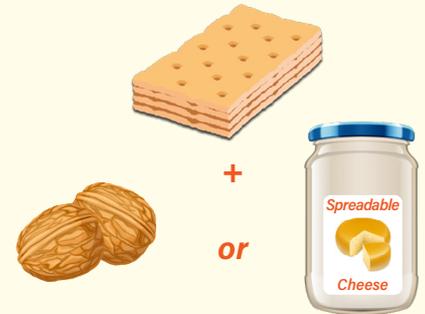
- 1 natural whole milk yogurt
- n..... whole wheat crackers

Alternative 2



- 1 unsweetened yogurt
- n..... whole wheat rusks

Alternative 3



- n..... whole wheat crackers plus your choices of
 - walnuts
 - g of spreadable cheese

LUNCH AND DINNER 12:30/13:00 p.m. - 8:30/21:00 p.m.

1 dish of g to choose from:

pasta



rice



cous cous



legumes



polenta



spelt



tortellini



ravioli



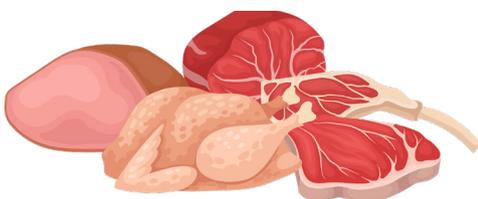
bread



Or 1 dish of g of your choice from:

In addition to a first course as indicated above, lunch or dinner includes a choice of one of the following foods:

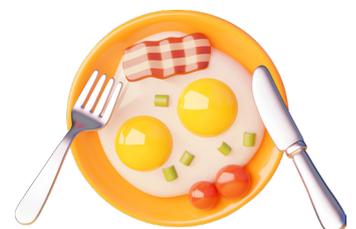
meat g



fish g



n..... eggs



Fresh cheeses g



Aged cheeses g



In addition to a first course and a second course, as indicated above, lunch or dinner includes the consumption of various vegetables, raw or cooked (excluding POTATOES, which are tubers).



The recommended seasoning is 3 tablespoons of olive oil per day

Please note

As an alternative to meat and fish (to be eaten every day), the following foods should be eaten at the following weekly frequency:

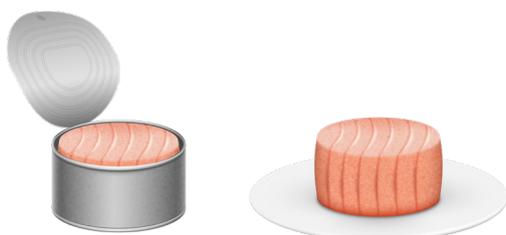
- *fresh cheese no more than n..... times a week*



- *eggs no more than n..... times a week*



- *Canned tuna/salmon in waterg no more than n..... time a week*



You can eat 1 pizza with vegetables as a single course n..... a week



Gruppo di Lavoro AMD - SID
"Regione Lombardia"

Coordinatore: **Alessandra Ciucci**

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- **Barbara Agosti**
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- **Paola Morpurgo**
- **Cristina Romano**
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Traduzione in Lingua Inglese a cura di: **Martina Madrigali**

Realizzazione
Progettuale Grafica



A cura di
Federico Paoli