

# Diabetes in Pregnancy



**DIP-Project**  
Diabetes In Pregnancy - Project



AMD - SID Pregnancy Working Group  
"Lombardy Region"

## Diet for expectant mothers





## AMD - SID Pregnancy Working Group "Lombardy Region"

### 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)

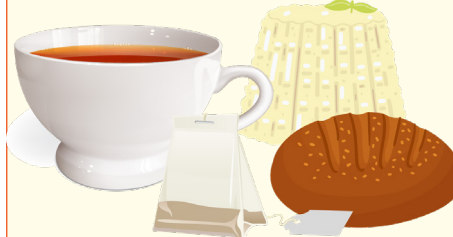
#### ALTERNATIVE BREAKFASTS

##### 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

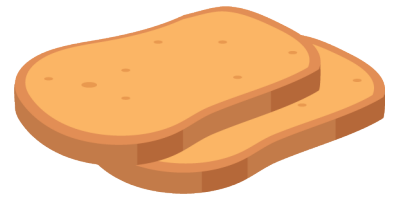


..... g

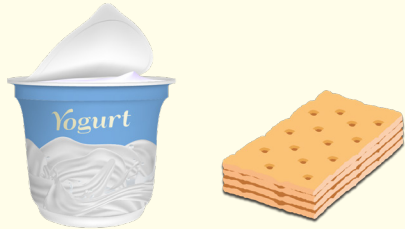


In addition to the portion of fresh fruit, the snack includes:

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

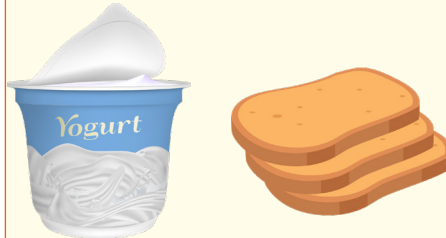


### Alternative 1



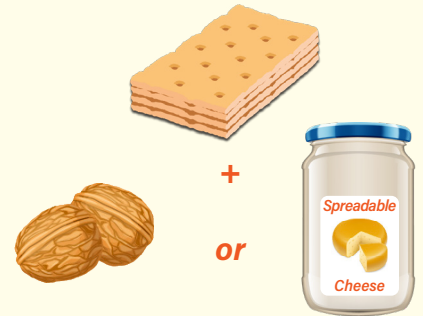
- 1 natural whole milk yogurt
- n..... whole wheat crackers

### 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



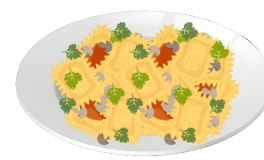
spelt



tortellini



ravioli



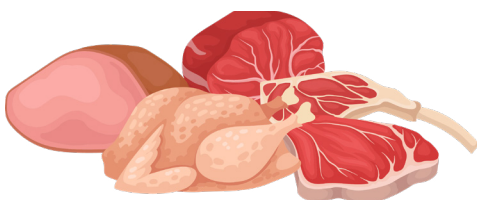
bread



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:

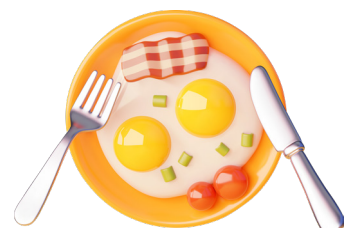
meat ..... g



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**

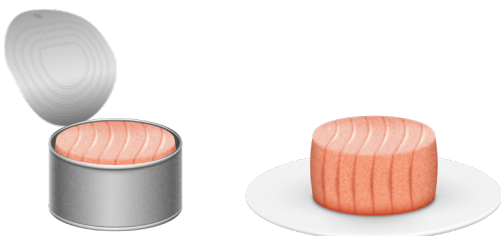
*As an alternative to meat and fish (to be eaten every day), the following foods should be eaten at the following weekly frequency:*

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



- *Canned tuna/salmon in water .....g 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**

Componenti:

- **Barbara Agosti**
- **Valeria Guazzoni**
- **Elisabetta Lovati**
- **Paola Morpurgo**
- **Cristina Romano**
- **Silvia Severgnini**

Traduzione in Lingua Inglese a cura di: **Martina Madrigali**

Realizzazione  
Progettuale Grafica



A cura di  
Federico Paoli