

Distribute food over the whole day

In order for the blood sugar level to remain stable, it is important to divide food intake evenly over the day.

Breakfast, lunch and dinner, as well as 2-3 snacks, is a good distribution.

Breakfast

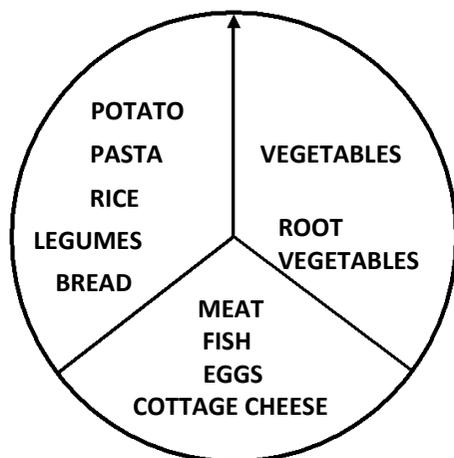
Blood sugar levels are often a little higher after breakfast.

Cut down on, or exclude, milk/fil (Swedish soured milk)/yogurt. Do include an egg.

Consider dividing breakfast over two sittings.

Lunch and Dinner

The plate method helps to ensure correct proportions for lunch and dinner.



Snacks

Open sandwiches, natural yogurt/fil (Swedish soured milk) with muesli/berries, cottage cheese/quark, fruit, nuts/almonds, avocado and olives.

Keyhole symbol

The keyhole nutrition label makes it easier to make healthy choices regarding dietary fiber, sugar, fats, quality of fats and salt.



For more information, please see the Swedish National Food Agency website

www.slv.se

(Keyhole, Nutrition recommendations, Dietary advice for pregnant women, etc.)

GOOD FOOD

Pregnancy and diabetes

Some good advice...

- Divide food evenly over the day
- Eat according to the plate method
- Eat the right amount of fat - and the right kind
- Choose whole grain products and foods rich in fiber

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| Vegetables & root vegetables | Eat all kinds of vegetables and root vegetables, both raw and cooked, at least 250 g/day. |
| Fruit & berries | 2-3 pieces of fruit is sufficient. Eat only one piece of fruit at a time. One piece of fruit equals 200 ml of berries. Avoid dried fruits. |
| Beans, lentils & peas | Legumes are particularly valuable as they contain slow-release carbohydrates and have a high fiber content. Legumes count as carbohydrates in the plate method. |
| Potato, rice & pasta | Ideally choose whole grain products. A moderate portion of one of these foods should form part of the meal. Alternatives include bulgur wheat, barley and quinoa. |
| Bread, flour & grains | Choose whole grain bread which contains at least 7 g dietary fiber/100 g. The bread does not need to be sugar-free. Avoid white bread. Crispbread, grains, muesli and flakes that carry the keyhole symbol are good options. Avoid cornflakes, rice cakes, wheat wafers, semolina pudding and rice pudding. |
| Meat, poultry, fish, eggs, cheese & cottage cheese | You can choose whatever you like from these ingredients. Eat fish and seafood 2-3 times a week. Choose different types. Good sandwich fillings include mackerel in tomato sauce, pickled herring, cottage cheese, eggs and cold cuts. |
| Cooking fats | Ideally choose liquid cooking fats and oils for cooking, and keyhole-labeled fats for sandwiches. |
| Nuts & peanuts | Nuts, seeds and peanuts contain good fats. An appropriate amount might be 30 g (50 ml) five times per weeks. |

Milk, fil (Swedish soured milk) & yogurt An appropriate amount is around 500-600 ml per day, but do not drink more than one glass (200 ml) at a time.
Choose the natural kind, since flavored dairy products often contain large amounts of added sugar. Yoggi Mini is a good option that been sweetened with sweeteners.

Drinks Water, mineral water, coffee, tea and stock do not affect blood sugar.
“Sugar-free” drinks that contain no more than 0.5 g of carbohydrates per 100 ml do not affect blood sugar.
These drinks include FUN Light and diet soft drinks.

Avoid juices, cordial, ProViva fruit drinks, fruit soups, soft drinks and cider completely since they contain large amounts of carbohydrate in the form of natural and/or added sugar.

“Treats” Snacks, sweets, chocolate, ice cream, buns, cakes and biscuits are regards as “treats”. This means that intake needs to be limited to a couple of times per week and to just a small amount on each occasion. Make a distinction between everyday and festive foods.
Good alternatives to “treats” are e.g. dark chocolate and nuts.

Sweeteners If you want to sweeten coffee, tea, porridge, fil (Swedish soured milk) or yogurt, use energy-free sweeteners such as aspartame, acesulfame potassium, saccharin, cyclamate and steviol glycosides.

“Sugar-free” There are other sweeteners that may raise blood sugar levels. These are products that are sometimes added under the designation *sugar-free*, *non-sugar*, *free from regular sugar* and “Diet”.
If consumed in large amounts, these products have a laxative effect.

Read the list of ingredients and the nutrition label!