

Shopping Guide for Diabetes in Pregnancy

Patient Information – Nutrition & Dietetics

There will be other suitable products that are not listed in this guide. Check the nutrition information panel to see if they are suitable. A guide for most product is:

NUTRITION INFORMATION (found on all packaged food)		
Servings per package: 15		
Serving size: 30g		
	Per serve	Per 100g
Energy	119kcal	379kcal
Protein	2.2g	7.4g
Fat	0.3g	1g
Carbohydrate	26g	87g
- Sugars	3.3g	9g
Dietary fibre	2.1g	7g
Sodium*	117mg	390mg

*Sodium = salt

Total fat: aim for less than 10g per 100g. It is okay if this is higher for foods containing nuts.

Sugar: aim for less than 10g per 100g.

No need to check unprocessed foods, eg. meat, fruit, vegetable, etc.

Breakfast cereals

You may find that your blood sugars are higher with breakfast cereal compared to other options such as multigrain toast. Adding a protein source such as yoghurt or nuts and seeds can help lower your blood sugars when eating these cereals.

- Weetbix original
- Allbran original
- Oats (wholegrain/rolled/scotch) – avoid instant porridge sachets
- Vitabrits
- Hubbards Be Mighty Granola varieties
- Vogel's All Good Low Sugar Muesli
- Vogel's Café Style: Toasted Nuts and Seeds



Breads

- Multigrain bread, rolls, wraps, buns
- Traditional fresh sourdough (unpackaged)
- Wholemeal pita
- If you are having trouble controlling your blood glucose levels, try Burgen, Vogel's Multigrain or Freya's Lower Carbohydrate bread
- Roti, chapatti, flat breads – add grains/seeds to flour, or use low GI flours such as multigrain atta or chickpea
- Fruit bread: Burgen, Vogel's fruit bread (1 slice)



Rice – includes microwavable options

- Long grain brown or white
- Basmati
- Doongara
- Par Boiled
- Koshikari
- Calrose
- Black, red or wild



Pasta and noodles

- Normal wheat, spelt or pulse pasta – fresh or dried
- Tomato based pasta sauce – check for lowest sugar and salt
- Wheat (egg) noodles
- Hokkien
- Udon
- Mung bean
- Soba
- Vermicelli
- Rice noodles
- Avoid fried noodles



Other grains

- Quinoa
- Barley
- Buckwheat
- Bulgur
- Israeli/Pearl cous cous
- Semolina



Crackers

- Arnotts Vita-Weat
- Vita-life
- Ryvita
- Huntly and Palmers Wholegrain crackers



Fruit and vegetables – fresh, frozen or canned

- Canned fruit – in natural juice, drain juice before eating
- Minimise dried fruit
- Canned vegetables – no added oil and lowest added salt
- Frozen vegetables – all except chips/wedges
- Keep the skins on potatoes where able



High protein foods

- Regularly include canned or dried and cooked legumes such as lentils, chickpeas, kidney, lima, black beans
- Baked beans – Countdown, Macro, Watties reduced sugar, Weightwatchers
- Canned fish and chicken
- Unroasted and unsalted nuts such as almonds, peanuts, hazelnut
- Seeds such as chia, flaxseed, pepita, sunflower
- Cooked meat, chicken, seafood – remove the fat and skin where possible
- Cooked eggs



Muesli bars

- Nice & Natural – Protein Nut Bars, Protein Whole Seed Bars



Soups

- Canned, instant and pouch soups – check sugar content is less than 5g per serve
- Choose soups with added vegetables, grains, legumes

Milk – fresh, UHT or powder

- Yellow, green or light blue packaged milk are better options
- If using soya, nut, oat, rice - check that these have added calcium

Cheese and yoghurt

- Hard cheeses
- Low fat cream or cottage cheese

Unsweetened yoghurt

- Natural and Greek styles
- Add your own fruit, nuts, seeds

Sweetened yoghurt

- Dairyworks Protein Fit
- Anchor Protein Plus
- Yoplait Max Protein
- Kingland Soy Yoghurts
- Chobani no added sugar



Sauces, pickles and dressings

- Use small amounts of pickles, relishes, chutneys, fruit sauces, commercial dressing (limit to one tablespoon per meal)
- Tomato Salsa (check label for amount of sugar)
- 'Lite' tomato sauce
- All herbs and spices with no added sugar
- Lemon juice or vinegar and olive oil dressing



Spreads

- Vegemite, Marmite, Promite, Megamite
- Peanut Butter or nut butters - check the ingredient list for no added sugar

Reduced sugar fruit spreads

Unfortunately some women still have high readings with these

- St Dalfour
- Barkers Spreadable Fruit 'No Refined Sugar'
- Weight Watchers Jams/Marmalade
- Craigs 'Lite Fruit Spread'
- Healtheries Dietex Preserves
- Jok 'n' Al Jams/Marmalade



Dessert options – eat in moderation

- Weight Watchers Mousse
- Bulla Reduced Sugar Mini Frozen Yoghurt
- Zilch ice-cream
- Sugar free biscuits (may be found in the Health foods section)
- Dark chocolate 60% cocoa or more – 2-3 squares



Sugar substitutes – use in moderation

Equal, WW Sweetener Tablet, Splenda, Stevia (PureVia, Equal Stevia, Weight Watchers, Natvia Naturals, Whole Earth



Drinks – water and milk are the best options

Limit sugar free drinks to 1-2 glasses per day

Cordial

- Vital Zing Water Drops
- Baker Hall/Pams low calorie fruit drinks
- Barkers no refined sugar
- Weight Watchers Powdered or liquid cordial



Carbonated

- Diet, No Sugar, Zero varieties
- Soda Water, Diet Soda Stream
- Flavoured or Mineral Water (no added sugar)



Milk flavouring

- Weight Watchers Drinking Chocolate
- Jarrah Choco Latte
- Avalanche or Vitarium Sugar Free Milk Flavours
- Vital Zing Milk Drops
- 1 tsp cocoa powder with a sugar substitute



Juices

- V8 – vegetable variety only
- Some tomato juices – check for added sugars
- Cranberry Lite
- Ribena Lite

Tips for eating well on a budget

- Reduce your meat intake and replace it with other cheaper protein options such as eggs, legumes and canned fish.
- Visit the supermarket early in the morning or just before closing for 'quick sale' discounted foods. Eat immediately or pop in the freezer for later.
- Bulk up your mince. Add lentils, kidney beans, grated carrots or celery to your bolognese or burrito mince mix to make it go further.
- Make up your milk using milk powder.
- Choose fruit and vegetables that are in season. Smaller fruit and vegetable retailers will often have lower prices, so it's a good idea to shop around.
- Sign up with your local fruit and vegetable co-op. Check the Facebook group 'Canterbury Fruit and Vege Co-op' for more information.
- Remember that frozen and canned fruits and vegetables are good options and may be cheaper than fresh.
- Create a meal plan for the week which helps to reduce food wastage.
- Cook once, eat twice. Make bigger portions at dinner and eat the leftovers for lunch the next day. Remember to heat your leftovers to piping hot.
- Buy in bulk and store or freeze the excess. Use the 'unit price' on the price label to compare the cost of similar products and find the cheapest option.
- Shop online or create a shopping list and stick to it. This helps you to avoid unnecessary purchases when you're in the supermarket.

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